



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Bömeke, Alexander

Club: Duderstadt
Number: 66

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:14:11

Speed: 11.63 km/h
Running performance: 5:07 min/km

Rank in course/Total: 61 (of 467)

Rank in course/Men: 59 (of 387)

Best time in course: 1:40:22

Rank in category: 11(of 59)

Best time in the category: 1:47:09

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:56	5:07	16	3:16	75	4:25	3.30	16:56	5:07	60	3:16	388	4:25
Schlüsie	3.10	17:33	5:39	11	3:01	49	4:29	6.40	34:29	5:23	60	6:17	388	8:53
Hermannsklippe	2.60	15:17	5:52	12	2:37	53	3:56	9.00	49:46	5:31	60	8:54	388	12:49
Brocken	3.10	25:37	8:15	15	5:44	73	7:50	12.10	1:15:23	6:13	60	14:27	388	20:39
Eiserner Handwe	3.60	16:22	4:32	14	3:34	72	4:02	15.70	1:31:45	5:50	60	18:01	388	24:40
Schlüsie	4.10	14:32	3:32	6	2:24	31	2:56	19.80	1:46:17	5:22	60	20:25	388	27:12
Loddenke	3.10	12:59	4:11	13	2:51	71	3:04	22.90	1:59:16	5:12	60	23:16	384	30:05
Ilseburg/Markt	3.30	14:55	4:31	22	3:46	109	4:07	26.20	2:14:11	5:07	11	27:02	59	33:49