



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Matthiesen, Erik

Club: VLS

Number: 293

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:15:55

Speed: 11.48 km/h

Running performance: 5:11 min/km

Rank in course/Total: 69 (of 467)

Rank in course/Men: 66 (of 387)

Best time in course: 1:40:22

Rank in category: 9(of 67)

Best time in the category: 2:02:48

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	18:00	5:27	16	2:38	112	5:29	3.30	18:00	5:27	68	2:38	388	5:29
Schlüsie	3.10	18:14	5:52	8	2:20	70	5:10	6.40	36:14	5:39	68	4:46	388	10:38
Hermannsklippe	2.60	15:45	6:03	6	1:39	65	4:24	9.00	51:59	5:46	68	6:25	388	15:02
Brocken	3.10	26:00	8:23	11	3:55	84	8:13	12.10	1:17:59	6:26	68	10:20	388	23:15
Eiserner Handwe	3.60	15:46	4:22	8	1:11	54	3:26	15.70	1:33:45	5:58	68	10:39	388	26:40
Schlüsie	4.10	15:38	3:48	9	1:59	68	4:02	19.80	1:49:23	5:31	53	11:30	388	30:18
Loddenke	3.10	12:36	4:03	7	0:58	53	2:41	22.90	2:01:59	5:19	66	12:23	384	32:48
Ilseburg/Markt	3.30	13:56	4:13	7	1:00	63	3:08	26.20	2:15:55	5:11	9	13:07	66	35:33