



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Schwingel, Fabian

Club: Bad Salzdetfurth
Number: 427

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:11:49

Speed: 11.83 km/h
Running performance: 5:02 min/km

Rank in course/Total: 54 (of 467)

Rank in course/Men: 52 (of 387)

Best time in course: 1:40:22

Rank in category: 9(of 31)

Best time in the category: 1:40:22

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	16:33	5:00	8	4:01	58	4:02	3.30	16:33	5:00	32	4:01	388	4:02
Schlüsie	3.10	17:36	5:40	7	4:32	50	4:32	6.40	34:09	5:20	32	8:33	388	8:33
Hermannsklippe	2.60	15:18	5:53	9	3:57	54	3:57	9.00	49:27	5:29	32	12:30	388	12:30
Brocken	3.10	24:06	7:46	8	6:19	44	6:19	12.10	1:13:33	6:04	32	18:49	388	18:49
Eiserner Handwe	3.60	15:52	4:24	10	3:32	59	3:32	15.70	1:29:25	5:41	32	22:20	388	22:20
Schlüsie	4.10	14:59	3:39	8	3:23	49	3:23	19.80	1:44:24	5:16	32	25:19	388	25:19
Loddenke	3.10	13:00	4:11	11	3:05	72	3:05	22.90	1:57:24	5:07	32	28:13	384	28:13
Ilseburg/Markt	3.30	14:25	4:22	12	3:35	88	3:37	26.20	2:11:49	5:01	9	31:27	52	31:27