



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Ruhe, Steffen

Club: Goslar
Number: 532

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:18:32

Speed: 11.26 km/h
Running performance: 5:17 min/km

Rank in course/Total: 85 (of 467)

Rank in course/Men: 79 (of 387)

Best time in course: 1:40:22

Rank in category: 15(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	18:50	5:42	30	5:10	166	6:19	3.30	18:50	5:42	60	5:10	388	6:19
Schlüsie	3.10	18:55	6:06	20	4:23	96	5:51	6.40	37:45	5:53	60	9:33	388	12:09
Hermannsklippe	2.60	16:27	6:19	23	3:47	95	5:06	9.00	54:12	6:01	60	13:20	388	17:15
Brocken	3.10	25:15	8:08	14	5:22	65	7:28	12.10	1:19:27	6:33	60	18:31	388	24:43
Eiserner Handwe	3.60	15:34	4:19	7	2:46	46	3:14	15.70	1:35:01	6:03	60	21:17	388	27:56
Schlüsie	4.10	15:43	3:50	14	3:35	74	4:07	19.80	1:50:44	5:35	60	24:52	388	31:39
Loddenke	3.10	13:14	4:16	14	3:06	83	3:19	22.90	2:03:58	5:24	60	27:58	384	34:47
Ilseburg/Markt	3.30	14:34	4:24	18	3:25	94	3:46	26.20	2:18:32	5:17	15	31:23	79	38:10