



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Stiens, Dominik

Club: LG Volldampf Clarholz
Number: 441

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:18:52

Speed: 11.23 km/h
Running performance: 5:18 min/km

Rank in course/Total: 87 (of 467)

Rank in course/Men: 81 (of 387)

Best time in course: 1:40:22

Rank in category: 16(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	18:05	5:28	22	4:25	116	5:34	3.30	18:05	5:28	60	4:25	388	5:34
Schlüsie	3.10	18:28	5:57	17	3:56	76	5:24	6.40	36:33	5:42	60	8:21	388	10:57
Hermannsklippe	2.60	15:56	6:07	17	3:16	72	4:35	9.00	52:29	5:49	60	11:37	388	15:32
Brocken	3.10	24:44	7:58	12	4:51	53	6:57	12.10	1:17:13	6:22	60	16:17	388	22:29
Eiserner Handwe	3.60	16:33	4:35	16	3:45	77	4:13	15.70	1:33:46	5:58	60	20:02	388	26:41
Schlüsie	4.10	16:13	3:57	18	4:05	85	4:37	19.80	1:49:59	5:33	60	24:07	388	30:54
Loddenke	3.10	13:37	4:23	19	3:29	108	3:42	22.90	2:03:36	5:23	60	27:36	384	34:25
Ilseburg/Markt	3.30	15:16	4:37	27	4:07	135	4:28	26.20	2:18:52	5:18	16	31:43	81	38:30