



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Junski, Dirk

Club: Hamburg
Number: 216

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:19:09

Speed: 11.21 km/h
Running performance: 5:19 min/km

Rank in course/Total: 88 (of 467)

Rank in course/Men: 82 (of 387)

Best time in course: 1:40:22

Rank in category: 9(of 50)

Best time in the category: 1:43:53

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	18:06	5:29	13	4:27	118	5:35	3.30	18:06	5:29	51	4:27	388	5:35
Schlüsie	3.10	18:20	5:54	8	4:10	73	5:16	6.40	36:26	5:41	51	8:37	388	10:50
Hermannsklippe	2.60	15:28	5:56	7	3:35	59	4:07	9.00	51:54	5:46	51	12:12	388	14:57
Brocken	3.10	28:27	9:10	18	9:55	143	10:40	12.10	1:20:21	6:38	51	22:07	388	25:37
Eiserner Handwe	3.60	16:58	4:42	10	4:16	91	4:38	15.70	1:37:19	6:11	51	26:23	388	30:14
Schlüsie	4.10	15:39	3:49	8	3:32	71	4:03	19.80	1:52:58	5:42	46	29:55	388	33:53
Loddenke	3.10	12:44	4:06	7	2:42	63	2:49	22.90	2:05:42	5:29	49	32:37	384	36:31
Ilseburg/Markt	3.30	13:27	4:04	6	2:39	46	2:39	26.20	2:19:09	5:18	9	35:16	82	38:47