



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Holzappel, Ulf

Club: Magdeburg
Number: 203

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:17:19

Speed: 11.36 km/h
Running performance: 5:14 min/km

Rank in course/Total: 80 (of 467)

Rank in course/Men: 74 (of 387)

Best time in course: 1:40:22

Rank in category: 11(of 66)

Best time in the category: 1:57:01

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	19:09	5:48	30	4:36	190	6:38	3.30	19:09	5:48	67	4:36	388	6:38
Schlüsie	3.10	19:00	6:07	15	3:22	99	5:56	6.40	38:09	5:57	67	7:58	388	12:33
Hermannsklippe	2.60	16:07	6:11	9	2:09	78	4:46	9.00	54:16	6:01	67	10:07	388	17:19
Brocken	3.10	24:01	7:44	4	1:22	42	6:14	12.10	1:18:17	6:28	67	11:29	388	23:33
Eiserner Handwe	3.60	16:47	4:39	13	3:09	86	4:27	15.70	1:35:04	6:03	67	14:38	388	27:59
Schlüsie	4.10	15:44	3:50	11	2:39	75	4:08	19.80	1:50:48	5:35	67	17:17	388	31:43
Loddenke	3.10	12:50	4:08	8	1:42	67	2:55	22.90	2:03:38	5:23	67	18:59	384	34:27
Ilseburg/Markt	3.30	13:41	4:08	6	1:19	52	2:53	26.20	2:17:19	5:14	11	20:18	74	36:57