



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Ohlhorst, Frank

Club: Team Erdinger Alkoholfrei
Number: 328

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:22:36

Speed: 10.94 km/h
Running performance: 5:26 min/km

Rank in course/Total: 103 (of 467)

Rank in course/Men: 97 (of 387)

Best time in course: 1:40:22

Rank in category: 14(of 67)

Best time in the category: 2:02:48

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	17:45	5:22	13	2:23	101	5:14	3.30	17:45	5:22	68	2:23	388	5:14
Schlüsie	3.10	19:33	6:18	19	3:39	126	6:29	6.40	37:18	5:49	68	5:50	388	11:42
Hermannsklippe	2.60	17:34	6:45	22	3:28	142	6:13	9.00	54:52	6:05	68	9:18	388	17:55
Brocken	3.10	28:20	9:08	23	6:15	138	10:33	12.10	1:23:12	6:52	68	15:33	388	28:28
Eiserner Handwe	3.60	15:58	4:26	9	1:23	60	3:38	15.70	1:39:10	6:18	68	16:04	388	32:05
Schlüsie	4.10	15:36	3:48	8	1:57	67	4:00	19.80	1:54:46	5:47	68	16:53	388	35:41
Loddenke	3.10	13:15	4:16	14	1:37	85	3:20	22.90	2:08:01	5:35	66	18:25	384	38:50
Ilseburg/Markt	3.30	14:35	4:25	13	1:39	95	3:47	26.20	2:22:36	5:26	14	19:48	97	42:14