



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Vogel, Sebastian

Club: Bad Grund
Number: 475

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:22:02

Speed: 10.98 km/h
Running performance: 5:25 min/km

Rank in course/Total: 99 (of 467)

Rank in course/Men: 93 (of 387)

Best time in course: 1:40:22

Rank in category: 12(of 31)

Best time in the category: 1:40:22

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	16:40	5:03	9	4:08	60	4:09	3.30	16:40	5:03	32	4:08	388	4:09
Schlüsie	3.10	18:53	6:05	12	5:49	95	5:49	6.40	35:33	5:33	32	9:57	388	9:57
Hermannsklippe	2.60	16:37	6:23	13	5:16	105	5:16	9.00	52:10	5:47	32	15:13	388	15:13
Brocken	3.10	26:21	8:30	12	8:34	90	8:34	12.10	1:18:31	6:29	32	23:47	388	23:47
Eiserner Handwe	3.60	17:23	4:49	12	5:03	107	5:03	15.70	1:35:54	6:06	32	28:49	388	28:49
Schlüsie	4.10	17:04	4:09	15	5:28	124	5:28	19.80	1:52:58	5:42	32	33:53	388	33:53
Loddenke	3.10	14:03	4:31	15	4:08	134	4:08	22.90	2:07:01	5:32	32	37:50	384	37:50
Ilseburg/Markt	3.30	15:01	4:33	13	4:11	118	4:13	26.20	2:22:02	5:25	12	41:40	93	41:40