



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Döppelheuer, Heiko

Club: Brockenlaufverein
Number: 102

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:23:10

Speed: 10.90 km/h
Running performance: 5:28 min/km

Rank in course/Total: 106 (of 467)

Rank in course/Men: 100 (of 387)

Best time in course: 1:40:22

Rank in category: 16(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	17:50	5:24	14	3:17	103	5:19	3.30	17:50	5:24	67	3:17	388	5:19
Schlüsie	3.10	18:37	6:00	12	2:59	82	5:33	6.40	36:27	5:41	67	6:16	388	10:51
Hermannsklippe	2.60	16:14	6:14	12	2:16	87	4:53	9.00	52:41	5:51	67	8:32	388	15:44
Brocken	3.10	25:21	8:10	8	2:42	67	7:34	12.10	1:18:02	6:26	67	11:14	388	23:18
Eiserner Handwe	3.60	18:09	5:02	22	4:31	141	5:49	15.70	1:36:11	6:07	67	15:45	388	29:06
Schlüsie	4.10	17:34	4:17	23	4:29	153	5:58	19.80	1:53:45	5:44	67	20:14	388	34:40
Loddenke	3.10	14:04	4:32	22	2:56	136	4:09	22.90	2:07:49	5:34	67	23:10	384	38:38
Ilseburg/Markt	3.30	15:21	4:39	26	2:59	143	4:33	26.20	2:23:10	5:27	16	26:09	100	42:48