



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Borchert, Fred

Club: SV Langenstein
Number: 364

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:24:41

Speed: 10.78 km/h
Running performance: 5:31 min/km

Rank in course/Total: 116 (of 467)

Rank in course/Men: 108 (of 387)

Best time in course: 1:40:22

Rank in category: 17(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	18:47	5:41	29	3:25	163	6:16	3.30	18:47	5:41	68	3:25	388	6:16
Schlüsie	3.10	19:22	6:14	18	3:28	118	6:18	6.40	38:09	5:57	68	6:41	388	12:33
Hermannsklippe	2.60	16:54	6:29	16	2:48	117	5:33	9.00	55:03	6:06	68	9:29	388	18:06
Brocken	3.10	26:49	8:39	15	4:44	102	9:02	12.10	1:21:52	6:45	68	14:13	388	27:08
Eiserner Handwe	3.60	17:39	4:54	21	3:04	120	5:19	15.70	1:39:31	6:20	68	16:25	388	32:26
Schlüsie	4.10	16:56	4:07	22	3:17	119	5:20	19.80	1:56:27	5:52	68	18:34	388	37:22
Loddenke	3.10	13:23	4:19	16	1:45	92	3:28	22.90	2:09:50	5:40	66	20:14	384	40:39
Ilseburg/Markt	3.30	14:51	4:30	15	1:55	106	4:03	26.20	2:24:41	5:31	17	21:53	108	44:19