



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Cabak, Guido

Club: Harzer Teufel  
Number: 553

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:06:31

Speed: 12.33 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 35 (of 467)

Rank in course/Men: 34 (of 387)

Best time in course: 1:40:22

Rank in category: 5(of 59)

Best time in the category: 1:47:09

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	15:21	4:39	9	1:41	29	2:50	3.30	15:21	4:39	60	1:41	30	2:50
Schlüsie	3.10	17:05	5:30	9	2:33	36	4:01	6.40	32:26	5:04	60	4:14	388	6:50
Hermannsklippe	2.60	15:05	5:48	11	2:25	48	3:44	9.00	47:31	5:16	60	6:39	388	10:34
Brocken	3.10	22:50	7:21	6	2:57	26	5:03	12.10	1:10:21	5:48	60	9:25	388	15:37
Eiserner Handwe	3.60	15:40	4:21	8	2:52	52	3:20	15.70	1:26:01	5:28	60	12:17	388	18:56
Schlüsie	4.10	14:47	3:36	8	2:39	40	3:11	19.80	1:40:48	5:05	60	14:56	388	21:43
Loddenke	3.10	12:18	3:58	7	2:10	41	2:23	22.90	1:53:06	4:56	48	17:06	384	23:55
Ilseburg/Markt	3.30	13:25	4:03	8	2:16	43	2:37	26.20	2:06:31	4:49	5	19:22	34	26:09