



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Rösner, Henning

Club: Darkrun  
Number: 375

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:25:52

Speed: 10.69 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 122 (of 467)

Rank in course/Men: 114 (of 387)

Best time in course: 1:40:22

Rank in category: 12(of 50)

Best time in the category: 1:43:53

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	18:06	5:29	13	4:27	118	5:35	3.30	18:06	5:29	51	4:27	388	5:35
Schlüsie	3.10	19:16	6:12	11	5:06	111	6:12	6.40	37:22	5:50	51	9:33	388	11:46
Hermannsklippe	2.60	16:44	6:26	12	4:51	111	5:23	9.00	54:06	6:00	51	14:24	388	17:09
Brocken	3.10	27:10	8:45	12	8:38	109	9:23	12.10	1:21:16	6:42	51	23:02	388	26:32
Eiserner Handwe	3.60	18:03	5:00	14	5:21	135	5:43	15.70	1:39:19	6:19	51	28:23	388	32:14
Schlüsie	4.10	16:49	4:06	13	4:42	117	5:13	19.80	1:56:08	5:51	51	33:05	388	37:03
Loddenke	3.10	14:08	4:33	17	4:06	143	4:13	22.90	2:10:16	5:41	49	37:11	384	41:05
Ilseburg/Markt	3.30	15:36	4:43	19	4:48	153	4:48	26.20	2:25:52	5:34	12	41:59	114	45:30