



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Pohl, Marian

Club: Nix tun kann Jeder  
Number: 339

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:29:05

Speed: 10.46 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 146 (of 467)

Rank in course/Men: 136 (of 387)

Best time in course: 1:40:22

Rank in category: 27(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	18:11	5:30	24	4:31	125	5:40	3.30	18:11	5:30	60	4:31	388	5:40
Schlüsie	3.10	19:08	6:10	22	4:36	105	6:04	6.40	37:19	5:49	60	9:07	388	11:43
Hermannsklippe	2.60	16:34	6:22	24	3:54	100	5:13	9.00	53:53	5:59	60	13:01	388	16:56
Brocken	3.10	26:37	8:35	23	6:44	97	8:50	12.10	1:20:30	6:39	60	19:34	388	25:46
Eiserner Handwe	3.60	18:45	5:12	30	5:57	172	6:25	15.70	1:39:15	6:19	60	25:31	388	32:10
Schlüsie	4.10	17:35	4:17	27	5:27	155	5:59	19.80	1:56:50	5:54	60	30:58	388	37:45
Loddenke	3.10	14:31	4:40	29	4:23	168	4:36	22.90	2:11:21	5:44	60	35:21	384	42:10
Ilseburg/Markt	3.30	17:44	5:22	43	6:35	260	6:56	26.20	2:29:05	5:41	27	41:56	136	48:43