



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt
Number: 170

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:18:46

Speed: 11.24 km/h
Running performance: 5:18 min/km

Rank in course/Total: 86 (of 467)

Rank in course/Men: 80 (of 387)

Best time in course: 1:40:22

Rank in category: 10(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	16:43	5:03	6	1:21	65	4:12	3.30	16:43	5:03	68	1:21	388	4:12
Schlüsie	3.10	18:45	6:02	13	2:51	87	5:41	6.40	35:28	5:32	68	4:00	388	9:52
Hermannsklippe	2.60	16:46	6:26	15	2:40	112	5:25	9.00	52:14	5:48	68	6:40	388	15:17
Brocken	3.10	26:44	8:37	14	4:39	99	8:57	12.10	1:18:58	6:31	68	11:19	388	24:14
Eiserner Handwe	3.60	16:51	4:40	13	2:16	88	4:31	15.70	1:35:49	6:06	68	12:43	388	28:44
Schlüsie	4.10	16:04	3:55	12	2:25	81	4:28	19.80	1:51:53	5:39	68	14:00	388	32:48
Loddenke	3.10	12:40	4:05	9	1:02	60	2:45	22.90	2:04:33	5:26	66	14:57	384	35:22
Ilseburg/Markt	3.30	14:13	4:18	10	1:17	76	3:25	26.20	2:18:46	5:17	10	15:58	80	38:24