



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Hartmann, Horst

Club: Marathon Steinfurt  
Number: 184

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:29:52

Speed: 10.41 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 154 (of 467)

Rank in course/Men: 143 (of 387)

Best time in course: 1:40:22

Rank in category: 15(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	18:59	5:45	19	5:20	173	6:28	3.30	18:59	5:45	51	5:20	388	6:28
Schlüsie	3.10	20:18	6:32	18	6:08	159	7:14	6.40	39:17	6:08	51	11:28	388	13:41
Hermannsklippe	2.60	17:35	6:45	16	5:42	145	6:14	9.00	56:52	6:19	51	17:10	388	19:55
Brocken	3.10	27:18	8:48	14	8:46	113	9:31	12.10	1:24:10	6:57	51	25:56	388	29:26
Eiserner Handwe	3.60	18:47	5:13	19	6:05	174	6:27	15.70	1:42:57	6:33	51	32:01	388	35:52
Schlüsie	4.10	17:15	4:12	16	5:08	133	5:39	19.80	2:00:12	6:04	51	37:09	388	41:07
Loddenke	3.10	14:03	4:31	14	4:01	134	4:08	22.90	2:14:15	5:51	49	41:10	384	45:04
Ilseburg/Markt	3.30	15:37	4:43	20	4:49	154	4:49	26.20	2:29:52	5:43	15	45:59	143	49:30