



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

**Boderskov, Max**

Club: Dänische Nationalmannschaft  
Number: 64

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:45:38

Speed: 14.77 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 3 (of 467)

Rank in course/Men: 3 (of 387)

Best time in course: 1:40:22

Rank in category: 2(of 31)

Best time in the category: 1:40:22

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	13:40	4:08	2	1:08	7	1:09	3.30	13:40	4:08	32	1:08	5	1:09
Schlüsie	3.10	14:32	4:41	2	1:28	5	1:28	6.40	28:12	4:24	32	2:36	388	2:36
Hermannsklippe	2.60	12:40	4:52	2	1:19	5	1:19	9.00	40:52	4:32	32	3:55	388	3:55
Brocken	3.10	20:05	6:28	2	2:18	6	2:18	12.10	1:00:57	5:02	32	6:13	5	6:13
Eiserner Handwe	3.60	12:20	3:25	1	-	1	-	15.70	1:13:17	4:40	32	6:12	27	6:12
Schlüsie	4.10	11:36	2:49	1	-	1	-	19.80	1:24:53	4:17	32	5:48	388	5:48
Loddenke	3.10	9:55	3:11	1	-	1	-	22.90	1:34:48	4:08	32	5:37	384	5:37
Ilseburg/Markt	3.30	10:50	3:16	1	-	2	0:02	26.20	1:45:38	4:01	2	5:16	3	5:16