



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Meins, Jesper

Club: Dänische Nationalmannschaft
Number: 301

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:47:09

Speed: 14.56 km/h
Running performance: 4:05 min/km

Rank in course/Total: 4 (of 467)

Rank in course/Men: 4 (of 387)

Best time in course: 1:40:22

Rank in category: 1(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	13:40	4:08	1	-	7	1:09	3.30	13:40	4:08	1	-	5	1:09
Schlüsie	3.10	14:32	4:41	1	-	5	1:28	6.40	28:12	4:24	1	-	388	2:36
Hermannsklippe	2.60	12:40	4:52	1	-	5	1:19	9.00	40:52	4:32	1	-	388	3:55
Brocken	3.10	20:04	6:28	2	0:11	4	2:17	12.10	1:00:56	5:02	1	-	388	6:12
Eiserner Handwe	3.60	12:48	3:33	1	-	5	0:28	15.70	1:13:44	4:41	1	-	388	6:39
Schlüsie	4.10	12:08	2:57	1	-	4	0:32	19.80	1:25:52	4:20	1	-	388	6:47
Loddenke	3.10	10:08	3:16	1	-	4	0:13	22.90	1:36:00	4:11	1	-	384	6:49
Ilseburg/Markt	3.30	11:09	3:22	1	-	3	0:21	26.20	1:47:09	4:05	1	-	4	6:47