



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Einecke, Adrian

Club: LSG Ascania Aschersleben
Number: 513

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:19

Speed: 10.18 km/h
Running performance: 5:51 min/km

Rank in course/Total: 177 (of 467)

Rank in course/Men: 163 (of 387)

Best time in course: 1:40:22

Rank in category: 19(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	19:23	5:52	26	5:44	205	6:52	3.30	19:23	5:52	51	5:44	388	6:52
Schlüsie	3.10	20:42	6:40	21	6:32	176	7:38	6.40	40:05	6:15	51	12:16	388	14:29
Hermannsklippe	2.60	17:47	6:50	19	5:54	162	6:26	9.00	57:52	6:25	51	18:10	388	20:55
Brocken	3.10	27:58	9:01	15	9:26	124	10:11	12.10	1:25:50	7:05	51	27:36	388	31:06
Eiserner Handwe	3.60	19:51	5:30	26	7:09	220	7:31	15.70	1:45:41	6:43	51	34:45	388	38:36
Schlüsie	4.10	18:02	4:23	22	5:55	180	6:26	19.80	2:03:43	6:14	51	40:40	388	44:38
Loddenke	3.10	14:21	4:37	19	4:19	157	4:26	22.90	2:18:04	6:01	49	44:59	384	48:53
Ilseburg/Markt	3.30	15:15	4:37	14	4:27	132	4:27	26.20	2:33:19	5:51	19	49:26	163	52:57