



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Matthies, Marco

Club: LSV TriTeam Wolfenbüttel
Number: 527

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:34:15

Speed: 10.11 km/h
Running performance: 5:53 min/km

Rank in course/Total: 182 (of 467)

Rank in course/Men: 167 (of 387)

Best time in course: 1:40:22

Rank in category: 33(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	19:00	5:45	32	5:20	175	6:29	3.30	19:00	5:45	60	5:20	388	6:29
Schlüsie	3.10	19:17	6:13	25	4:45	112	6:13	6.40	38:17	5:58	60	10:05	388	12:41
Hermannsklippe	2.60	17:46	6:49	32	5:06	160	6:25	9.00	56:03	6:13	60	15:11	388	19:06
Brocken	3.10	30:12	9:44	36	10:19	189	12:25	12.10	1:26:15	7:07	60	25:19	388	31:31
Eiserner Handwe	3.60	19:32	5:25	36	6:44	204	7:12	15.70	1:45:47	6:44	60	32:03	388	38:42
Schlüsie	4.10	18:10	4:25	32	6:02	188	6:34	19.80	2:03:57	6:15	60	38:05	388	44:52
Loddenke	3.10	14:55	4:48	34	4:47	194	5:00	22.90	2:18:52	6:03	60	42:52	384	49:41
Ilseburg/Markt	3.30	15:23	4:39	29	4:14	145	4:35	26.20	2:34:15	5:53	33	47:06	167	53:53