



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Danowski, Olaf

Club: Braunschweig
Number: 511

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:34:18

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

Rank in course/Total: 184 (of 467)

Rank in course/Men: 169 (of 387)

Best time in course: 1:40:22

Rank in category: 26(of 66)

Best time in the category: 1:57:01

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	17:54	5:25	15	3:21	105	5:23	3.30	17:54	5:25	67	3:21	388	5:23
Schlüsie	3.10	19:37	6:19	18	3:59	128	6:33	6.40	37:31	5:51	67	7:20	388	11:55
Hermannsklippe	2.60	17:07	6:34	17	3:09	127	5:46	9.00	54:38	6:04	67	10:29	388	17:41
Brocken	3.10	30:00	9:40	26	7:21	179	12:13	12.10	1:24:38	6:59	67	17:50	388	29:54
Eiserner Handwe	3.60	18:39	5:10	28	5:01	168	6:19	15.70	1:43:17	6:34	67	22:51	388	36:12
Schlüsie	4.10	18:58	4:37	35	5:53	220	7:22	19.80	2:02:15	6:10	67	28:44	388	43:10
Loddenke	3.10	15:19	4:56	36	4:11	217	5:24	22.90	2:17:34	6:00	67	32:55	384	48:23
Ilseburg/Markt	3.30	16:44	5:04	33	4:22	207	5:56	26.20	2:34:18	5:53	26	37:17	169	53:56