



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Völkening, Marc

Club: Luhden
Number: 477

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:09

Speed: 10.19 km/h
Running performance: 5:51 min/km

Rank in course/Total: 175 (of 467)

Rank in course/Men: 161 (of 387)

Best time in course: 1:40:22

Rank in category: 17(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	19:57	6:02	32	6:18	242	7:26	3.30	19:57	6:02	51	6:18	388	7:26
Schlüsie	3.10	20:56	6:45	23	6:46	190	7:52	6.40	40:53	6:23	51	13:04	388	15:17
Hermannsklippe	2.60	18:00	6:55	21	6:07	170	6:39	9.00	58:53	6:32	51	19:11	388	21:56
Brocken	3.10	27:07	8:44	11	8:35	107	9:20	12.10	1:26:00	7:06	51	27:46	388	31:16
Eiserner Handwe	3.60	19:25	5:23	23	6:43	197	7:05	15.70	1:45:25	6:42	51	34:29	375	38:20
Schlüsie	4.10	17:57	4:22	21	5:50	177	6:21	19.80	2:03:22	6:13	51	40:19	388	44:17
Loddenke	3.10	14:14	4:35	18	4:12	149	4:19	22.90	2:17:36	6:00	49	44:31	384	48:25
Ilseburg/Markt	3.30	15:33	4:42	17	4:45	150	4:45	26.20	2:33:09	5:50	17	49:16	161	52:47