



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Holland, Marcel

Club: NSV Wernigerode
Number: 201

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:55:56

Speed: 13.46 km/h
Running performance: 4:25 min/km

Rank in course/Total: 10 (of 467)

Rank in course/Men: 10 (of 387)

Best time in course: 1:40:22

Rank in category: 3(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	14:08	4:16	2	0:28	10	1:37	3.30	14:08	4:16	60	0:28	388	1:37
Schlüsie	3.10	15:37	5:02	3	1:05	13	2:33	6.40	29:45	4:38	60	1:33	388	4:09
Hermannsklippe	2.60	13:22	5:08	3	0:42	8	2:01	9.00	43:07	4:47	60	2:15	388	6:10
Brocken	3.10	21:00	6:46	3	1:07	9	3:13	12.10	1:04:07	5:17	60	3:11	388	9:23
Eiserner Handwe	3.60	13:43	3:48	3	0:55	9	1:23	15.70	1:17:50	4:57	60	4:06	388	10:45
Schlüsie	4.10	13:28	3:17	3	1:20	11	1:52	19.80	1:31:18	4:36	60	5:26	216	12:13
Loddenke	3.10	11:19	3:39	3	1:11	9	1:24	22.90	1:42:37	4:28	60	6:37	384	13:26
Ilseburg/Markt	3.30	13:19	4:02	6	2:10	37	2:31	26.20	1:55:56	4:25	3	8:47	10	15:34