



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Röder, Frank

Club: Höxter
Number: 369

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:47

Speed: 10.28 km/h
Running performance: 5:47 min/km

Rank in course/Total: 166 (of 467)

Rank in course/Men: 153 (of 387)

Best time in course: 1:40:22

Rank in category: 16(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	19:55	6:02	29	6:16	234	7:24	3.30	19:55	6:02	51	6:16	388	7:24
Schlüsie	3.10	21:29	6:55	28	7:19	224	8:25	6.40	41:24	6:28	51	13:35	388	15:48
Hermannsklippe	2.60	17:45	6:49	18	5:52	159	6:24	9.00	59:09	6:34	51	19:27	388	22:12
Brocken	3.10	28:40	9:14	19	10:08	148	10:53	12.10	1:27:49	7:15	51	29:35	388	33:05
Eiserner Handwe	3.60	18:53	5:14	22	6:11	178	6:33	15.70	1:46:42	6:47	51	35:46	388	39:37
Schlüsie	4.10	17:08	4:10	15	5:01	126	5:32	19.80	2:03:50	6:15	51	40:47	388	44:45
Loddenke	3.10	13:01	4:11	9	2:59	74	3:06	22.90	2:16:51	5:58	49	43:46	384	47:40
Ilseburg/Markt	3.30	14:56	4:31	12	4:08	110	4:08	26.20	2:31:47	5:47	16	47:54	153	51:25