



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Ries, Felix

Club: Göttingen
Number: 362

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:37:22

Speed: 9.91 km/h
Running performance: 6:01 min/km

Rank in course/Total: 200 (of 467)

Rank in course/Men: 181 (of 387)

Best time in course: 1:40:22

Rank in category: 19(of 31)

Best time in the category: 1:40:22

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	20:17	6:08	24	7:45	262	7:46	3.30	20:17	6:08	32	7:45	388	7:46
Schlüsie	3.10	20:56	6:45	21	7:52	190	7:52	6.40	41:13	6:26	32	15:37	388	15:37
Hermannsklippe	2.60	18:12	6:59	19	6:51	184	6:51	9.00	59:25	6:36	32	22:28	388	22:28
Brocken	3.10	27:22	8:49	14	9:35	114	9:35	12.10	1:26:47	7:10	32	32:03	388	32:03
Eiserner Handwe	3.60	19:22	5:22	19	7:02	196	7:02	15.70	1:46:09	6:45	32	39:04	388	39:04
Schlüsie	4.10	19:53	4:50	26	8:17	254	8:17	19.80	2:06:02	6:21	32	46:57	388	46:57
Loddenke	3.10	15:19	4:56	26	5:24	217	5:24	22.90	2:21:21	6:10	32	52:10	384	52:10
Ilseburg/Markt	3.30	16:01	4:51	21	5:11	177	5:13	26.20	2:37:22	6:00	19	57:00	181	57:00