



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Wadehn, Ricky

Club: Brockenlaufverein
Number: 140

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:09:22

Speed: 12.06 km/h
Running performance: 4:56 min/km

Rank in course/Total: 46 (of 467)

Rank in course/Men: 45 (of 387)

Best time in course: 1:40:22

Rank in category: 5(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	16:15	4:55	5	2:36	50	3:44	3.30	16:15	4:55	51	2:36	388	3:44
Schlüsie	3.10	17:10	5:32	4	3:00	39	4:06	6.40	33:25	5:13	51	5:36	388	7:49
Hermannsklippe	2.60	14:49	5:41	4	2:56	38	3:28	9.00	48:14	5:21	51	8:32	388	11:17
Brocken	3.10	24:44	7:58	5	6:12	53	6:57	12.10	1:12:58	6:01	51	14:44	388	18:14
Eiserner Handwe	3.60	15:33	4:19	5	2:51	45	3:13	15.70	1:28:31	5:38	51	17:35	388	21:26
Schlüsie	4.10	14:35	3:33	5	2:28	35	2:59	19.80	1:43:06	5:12	51	20:03	388	24:01
Loddenke	3.10	12:18	3:58	5	2:16	41	2:23	22.90	1:55:24	5:02	49	22:19	384	26:13
Ilseburg/Markt	3.30	13:58	4:13	7	3:10	64	3:10	26.20	2:09:22	4:56	5	25:29	45	29:00