



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Samp, Alexander

Club: Whiskey Running Team
Number: 8

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:42

Speed: 10.08 km/h
Running performance: 5:54 min/km

Rank in course/Total: 188 (of 467)

Rank in course/Men: 171 (of 387)

Best time in course: 1:40:22

Rank in category: 22(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	19:59	6:03	33	6:20	246	7:28	3.30	19:59	6:03	51	6:20	388	7:28
Schlüsie	3.10	21:28	6:55	27	7:18	223	8:24	6.40	41:27	6:28	51	13:38	388	15:51
Hermannsklippe	2.60	18:41	7:11	25	6:48	211	7:20	9.00	1:00:08	6:40	51	20:26	388	23:11
Brocken	3.10	30:42	9:54	23	12:10	208	12:55	12.10	1:30:50	7:30	51	32:36	388	36:06
Eiserner Handwe	3.60	17:19	4:48	13	4:37	104	4:59	15.70	1:48:09	6:53	51	37:13	388	41:04
Schlüsie	4.10	16:52	4:06	14	4:45	118	5:16	19.80	2:05:01	6:18	51	41:58	388	45:56
Loddenke	3.10	14:06	4:32	16	4:04	141	4:11	22.90	2:19:07	6:04	49	46:02	384	49:56
Ilseburg/Markt	3.30	15:35	4:43	18	4:47	152	4:47	26.20	2:34:42	5:54	22	50:49	171	54:20