



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Fraczyk, Mariusz

Club: Laatzen
Number: 126

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:29:22

Speed: 10.44 km/h
Running performance: 5:42 min/km

Rank in course/Total: 150 (of 467)

Rank in course/Men: 139 (of 387)

Best time in course: 1:40:22

Rank in category: 20(of 36)

Best time in the category: 1:50:42

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	18:03	5:28	15	4:49	113	5:32	3.30	18:03	5:28	37	4:49	388	5:32
Schlüsie	3.10	19:44	6:21	20	4:44	135	6:40	6.40	37:47	5:54	37	9:20	388	12:11
Hermannsklippe	2.60	17:02	6:33	20	3:40	122	5:41	9.00	54:49	6:05	37	13:00	388	17:52
Brocken	3.10	26:29	8:32	18	5:43	92	8:42	12.10	1:21:18	6:43	37	18:09	388	26:34
Eiserner Handwe	3.60	18:40	5:11	19	5:55	169	6:20	15.70	1:39:58	6:22	37	23:39	388	32:53
Schlüsie	4.10	18:21	4:28	21	5:51	191	6:45	19.80	1:58:19	5:58	37	29:30	388	39:14
Loddenke	3.10	15:17	4:55	26	4:51	215	5:22	22.90	2:13:36	5:50	37	34:21	384	44:25
Ilseburg/Markt	3.30	15:46	4:46	21	4:20	162	4:58	26.20	2:29:22	5:42	20	38:40	139	49:00