



# 50. Brockenlauf

Ilseburg / 04.09.2021

## Detailed evaluation

Østergaard, John

Club: VLS

Number: 332

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:39:09

Speed: 9.80 km/h

Running performance: 6:04 min/km

Rank in course/Total: 215 (of 467)

Rank in course/Men: 196 (of 387)

Best time in course: 1:40:22

Rank in category: 34(of 67)

Best time in the category: 2:02:48

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:44	5:40	26	3:22	157	6:13	3.30	18:44	5:40	68	3:22	388	6:13
Schlüsie	3.10	20:59	6:46	33	5:05	197	7:55	6.40	39:43	6:12	68	8:15	388	14:07
Hermannsklippe	2.60	19:52	7:38	45	5:46	267	8:31	9.00	59:35	6:37	68	14:01	388	22:38
Brocken	3.10	33:29	10:48	49	11:24	288	15:42	12.10	1:33:04	7:41	68	25:25	388	38:20
Eiserner Handwe	3.60	19:21	5:22	33	4:46	195	7:01	15.70	1:52:25	7:09	68	29:19	388	45:20
Schlüsie	4.10	17:12	4:11	23	3:33	128	5:36	19.80	2:09:37	6:32	68	31:44	388	50:32
Loddenke	3.10	13:27	4:20	17	1:49	99	3:32	22.90	2:23:04	6:14	66	33:28	384	53:53
Ilseburg/Markt	3.30	16:05	4:52	28	3:09	181	5:17	26.20	2:39:09	6:04	34	36:21	196	58:47