



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

John, Micha

Club: Sachsen-Anhalt - Halberstadt  
Number: 522

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:30:39

Speed: 10.36 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 158 (of 467)

Rank in course/Men: 146 (of 387)

Best time in course: 1:40:22

Rank in category: 21(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	19:10	5:48	24	5:56	191	6:39	3.30	19:10	5:48	37	5:56	388	6:39
Schlüsie	3.10	21:17	6:51	28	6:17	216	8:13	6.40	40:27	6:19	37	12:00	388	14:51
Hermannsklippe	2.60	17:55	6:53	24	4:33	167	6:34	9.00	58:22	6:29	37	16:33	388	21:25
Brocken	3.10	28:17	9:07	21	7:31	136	10:30	12.10	1:26:39	7:09	37	23:30	388	31:55
Eiserner Handwe	3.60	17:57	4:59	15	5:12	131	5:37	15.70	1:44:36	6:39	37	28:17	388	37:31
Schlüsie	4.10	17:05	4:10	15	4:35	125	5:29	19.80	2:01:41	6:08	37	32:52	388	42:36
Loddenke	3.10	14:01	4:31	19	3:35	133	4:06	22.90	2:15:42	5:55	37	36:27	384	46:31
Ilseburg/Markt	3.30	14:57	4:31	18	3:31	111	4:09	26.20	2:30:39	5:45	21	39:57	146	50:17