



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Helm, Jürgen

Club: Team Ottomotor
Number: 189

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:23:58

Speed: 10.84 km/h
Running performance: 5:29 min/km

Rank in course/Total: 110 (of 467)

Rank in course/Men: 104 (of 387)

Best time in course: 1:40:22

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:57	5:08	8	1:35	77	4:26	3.30	16:57	5:08	68	1:35	388	4:26
Schlüsie	3.10	19:06	6:09	16	3:12	102	6:02	6.40	36:03	5:37	68	4:35	388	10:27
Hermannsklippe	2.60	16:36	6:23	14	2:30	101	5:15	9.00	52:39	5:50	68	7:05	388	15:42
Brocken	3.10	30:10	9:43	34	8:05	187	12:23	12.10	1:22:49	6:50	68	15:10	388	28:05
Eiserner Handwe	3.60	15:24	4:16	4	0:49	40	3:04	15.70	1:38:13	6:15	68	15:07	388	31:08
Schlüsie	4.10	15:00	3:39	6	1:21	50	3:24	19.80	1:53:13	5:43	68	15:20	388	34:08
Loddenke	3.10	13:47	4:26	22	2:09	123	3:52	22.90	2:07:00	5:32	66	17:24	384	37:49
Ilseburg/Markt	3.30	16:58	5:08	37	4:02	220	6:10	26.20	2:23:58	5:29	15	21:10	104	43:36