



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Ledderhose, Karsten

Club: TSV Deute
Number: 268

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:17

Speed: 10.18 km/h
Running performance: 5:51 min/km

Rank in course/Total: 176 (of 467)

Rank in course/Men: 162 (of 387)

Best time in course: 1:40:22

Rank in category: 18(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	19:15	5:50	23	5:36	195	6:44	3.30	19:15	5:50	51	5:36	388	6:44
Schlüsie	3.10	20:29	6:36	19	6:19	167	7:25	6.40	39:44	6:12	51	11:55	388	14:08
Hermannsklippe	2.60	18:22	7:03	24	6:29	198	7:01	9.00	58:06	6:27	51	18:24	388	21:09
Brocken	3.10	29:31	9:31	20	10:59	169	11:44	12.10	1:27:37	7:14	51	29:23	388	32:53
Eiserner Handwe	3.60	18:45	5:12	18	6:03	172	6:25	15.70	1:46:22	6:46	51	35:26	388	39:17
Schlüsie	4.10	18:05	4:24	23	5:58	182	6:29	19.80	2:04:27	6:17	51	41:24	388	45:22
Loddenke	3.10	13:52	4:28	13	3:50	127	3:57	22.90	2:18:19	6:02	49	45:14	384	49:08
Ilseburg/Markt	3.30	14:58	4:32	13	4:10	112	4:10	26.20	2:33:17	5:51	18	49:24	162	52:55