



# 50. Brockenlauf

Ilseburg / 04.09.2021

## Detailed evaluation

**Putensen, Stephan**

Club: Hamburg  
Number: 344

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:38:02

Speed: 9.87 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 205 (of 467)

Rank in course/Men: 186 (of 387)

Best time in course: 1:40:22

Rank in category: 23(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	19:56	6:02	30	6:17	239	7:25	3.30	19:56	6:02	51	6:17	388	7:25
Schlüsie	3.10	21:49	7:02	31	7:39	240	8:45	6.40	41:45	6:31	51	13:56	388	16:09
Hermannsklippe	2.60	18:12	6:59	22	6:19	184	6:51	9.00	59:57	6:39	51	20:15	388	23:00
Brocken	3.10	30:56	9:58	24	12:24	214	13:09	12.10	1:30:53	7:30	51	32:39	388	36:09
Eiserner Handwe	3.60	18:04	5:01	15	5:22	136	5:44	15.70	1:48:57	6:56	51	38:01	388	41:52
Schlüsie	4.10	17:32	4:16	18	5:25	152	5:56	19.80	2:06:29	6:23	51	43:26	388	47:24
Loddenke	3.10	14:53	4:48	23	4:51	193	4:58	22.90	2:21:22	6:10	49	48:17	384	52:11
Ilseburg/Markt	3.30	16:40	5:03	23	5:52	203	5:52	26.20	2:38:02	6:01	23	54:09	186	57:40