



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Lahm, Edwin

Club: Burgdorf
Number: 260

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:14:52

Speed: 11.57 km/h
Running performance: 5:09 min/km

Rank in course/Total: 64 (of 467)

Rank in course/Men: 62 (of 387)

Best time in course: 1:40:22

Rank in category: 7(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	16:56	5:07	7	1:34	75	4:25	3.30	16:56	5:07	68	1:34	388	4:25
Schlüsie	3.10	18:03	5:49	5	2:09	60	4:59	6.40	34:59	5:27	68	3:31	388	9:23
Hermannsklippe	2.60	15:46	6:03	7	1:40	66	4:25	9.00	50:45	5:38	68	5:11	388	13:48
Brocken	3.10	23:20	7:31	3	1:15	36	5:33	12.10	1:14:05	6:07	68	6:26	388	19:21
Eiserner Handwe	3.60	16:26	4:33	11	1:51	74	4:06	15.70	1:30:31	5:45	68	7:25	388	23:26
Schlüsie	4.10	16:16	3:58	13	2:37	88	4:40	19.80	1:46:47	5:23	68	8:54	388	27:42
Loddenke	3.10	13:13	4:15	12	1:35	81	3:18	22.90	2:00:00	5:14	66	10:24	384	30:49
Ilseburg/Markt	3.30	14:52	4:30	16	1:56	107	4:04	26.20	2:14:52	5:08	7	12:04	62	34:30