



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Hermenau, Frank

Club: LaufSportGemeinschaft Kassel
Number: 191

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:37:43

Speed: 9.89 km/h
Running performance: 6:01 min/km

Rank in course/Total: 204 (of 467)

Rank in course/Men: 184 (of 387)

Best time in course: 1:40:22

Rank in category: 29(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	18:18	5:32	21	2:56	132	5:47	3.30	18:18	5:32	68	2:56	388	5:47
Schlüsie	3.10	20:12	6:30	24	4:18	156	7:08	6.40	38:30	6:00	68	7:02	388	12:54
Hermannsklippe	2.60	18:10	6:59	30	4:04	181	6:49	9.00	56:40	6:17	68	11:06	388	19:43
Brocken	3.10	28:34	9:12	26	6:29	146	10:47	12.10	1:25:14	7:02	68	17:35	388	30:30
Eiserner Handwe	3.60	18:20	5:05	28	3:45	149	6:00	15.70	1:43:34	6:35	68	20:28	388	36:29
Schlüsie	4.10	20:16	4:56	45	6:37	272	8:40	19.80	2:03:50	6:15	68	25:57	388	44:45
Loddenke	3.10	16:09	5:12	45	4:31	256	6:14	22.90	2:19:59	6:06	66	30:23	384	50:48
Ilseburg/Markt	3.30	17:44	5:22	48	4:48	260	6:56	26.20	2:37:43	6:01	29	34:55	184	57:21