



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Isselhorst, Christian

Club: Dortmund
Number: 209

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:41:00

Speed: 9.69 km/h
Running performance: 6:09 min/km

Rank in course/Total: 234 (of 467)

Rank in course/Men: 214 (of 387)

Best time in course: 1:40:22

Rank in category: 27(of 36)

Best time in the category: 1:50:42

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	18:15	5:31	17	5:01	128	5:44	3.30	18:15	5:31	37	5:01	388	5:44
Schlüsie	3.10	19:07	6:10	15	4:07	103	6:03	6.40	37:22	5:50	37	8:55	388	11:46
Hermannsklippe	2.60	16:13	6:14	14	2:51	86	4:52	9.00	53:35	5:57	37	11:46	388	16:38
Brocken	3.10	27:56	9:00	20	7:10	121	10:09	12.10	1:21:31	6:44	37	18:22	388	26:47
Eiserner Handwe	3.60	21:59	6:06	32	9:14	304	9:39	15.70	1:43:30	6:35	37	27:11	388	36:25
Schlüsie	4.10	23:28	5:43	35	10:58	347	11:52	19.80	2:06:58	6:24	37	38:09	388	47:53
Loddenke	3.10	16:58	5:28	32	6:32	292	7:03	22.90	2:23:56	6:17	37	44:41	384	54:45
Ilseburg/Markt	3.30	17:04	5:10	27	5:38	228	6:16	26.20	2:41:00	6:08	27	50:18	214	1:00:38