



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Rissiek, Daniel

Club: LG Tus Lügde
Number: 365

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:17:12

Speed: 11.37 km/h
Running performance: 5:14 min/km

Rank in course/Total: 78 (of 467)

Rank in course/Men: 72 (of 387)

Best time in course: 1:40:22

Rank in category: 12(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	16:51	5:06	12	3:37	72	4:20	3.30	16:51	5:06	37	3:37	388	4:20
Schlüsie	3.10	18:50	6:04	14	3:50	92	5:46	6.40	35:41	5:34	37	7:14	388	10:05
Hermannsklippe	2.60	15:55	6:07	11	2:33	71	4:34	9.00	51:36	5:44	37	9:47	388	14:39
Brocken	3.10	24:55	8:02	12	4:09	59	7:08	12.10	1:16:31	6:19	37	13:22	388	21:47
Eiserner Handwe	3.60	16:53	4:41	13	4:08	89	4:33	15.70	1:33:24	5:56	37	17:05	262	26:19
Schlüsie	4.10	16:23	3:59	13	3:53	97	4:47	19.80	1:49:47	5:32	37	20:58	388	30:42
Loddenke	3.10	13:10	4:14	13	2:44	78	3:15	22.90	2:02:57	5:22	37	23:42	384	33:46
Ilseburg/Markt	3.30	14:15	4:19	15	2:49	79	3:27	26.20	2:17:12	5:14	12	26:30	72	36:50