



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Tyroke, Max

Club: Fockbek
Number: 470

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:41:31

Speed: 9.66 km/h
Running performance: 6:10 min/km

Rank in course/Total: 240 (of 467)

Rank in course/Men: 219 (of 387)

Best time in course: 1:40:22

Rank in category: 22(of 31)

Best time in the category: 1:40:22

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	20:43	6:16	26	8:11	279	8:12	3.30	20:43	6:16	32	8:11	388	8:12
Schlüsie	3.10	22:05	7:07	24	9:01	256	9:01	6.40	42:48	6:41	32	17:12	388	17:12
Hermannsklippe	2.60	18:39	7:10	23	7:18	210	7:18	9.00	1:01:27	6:49	32	24:30	388	24:30
Brocken	3.10	28:51	9:18	17	11:04	151	11:04	12.10	1:30:18	7:27	32	35:34	388	35:34
Eiserner Handwe	3.60	21:08	5:52	26	8:48	274	8:48	15.70	1:51:26	7:05	32	44:21	388	44:21
Schlüsie	4.10	17:55	4:22	21	6:19	175	6:19	19.80	2:09:21	6:31	32	50:16	388	50:16
Loddenke	3.10	14:30	4:40	19	4:35	164	4:35	22.90	2:23:51	6:16	32	54:40	384	54:40
Ilseburg/Markt	3.30	17:40	5:21	26	6:50	254	6:52	26.20	2:41:31	6:09	22	1:01:09	219	1:01:09