



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Ramli, Lee

Club: Braunschweig  
Number: 347

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:19:16

Speed: 11.20 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 89 (of 467)

Rank in course/Men: 83 (of 387)

Best time in course: 1:40:22

Rank in category: 17(of 59)

Best time in the category: 1:47:09

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	16:59	5:08	17	3:19	78	4:28	3.30	16:59	5:08	60	3:19	388	4:28
Schlüsie	3.10	19:08	6:10	22	4:36	105	6:04	6.40	36:07	5:38	60	7:55	388	10:31
Hermannsklippe	2.60	16:21	6:17	20	3:41	90	5:00	9.00	52:28	5:49	60	11:36	388	15:31
Brocken	3.10	28:25	9:09	29	8:32	140	10:38	12.10	1:20:53	6:41	60	19:57	388	26:09
Eiserner Handwe	3.60	16:46	4:39	17	3:58	85	4:26	15.70	1:37:39	6:13	58	23:55	388	30:34
Schlüsie	4.10	15:05	3:40	11	2:57	53	3:29	19.80	1:52:44	5:41	60	26:52	388	33:39
Loddenke	3.10	12:32	4:02	9	2:24	49	2:37	22.90	2:05:16	5:28	60	29:16	384	36:05
Ilseburg/Markt	3.30	14:00	4:14	13	2:51	67	3:12	26.20	2:19:16	5:18	17	32:07	83	38:54