



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Grünkemeier, Holger

Club: Melle  
Number: 173

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:32:50

Speed: 10.21 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 174 (of 467)

Rank in course/Men: 160 (of 387)

Best time in course: 1:40:22

Rank in category: 24(of 66)

Best time in the category: 1:57:01

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	18:42	5:40	22	4:09	152	6:11	3.30	18:42	5:40	67	4:09	388	6:11
Schlüsie	3.10	20:42	6:40	26	5:04	176	7:38	6.40	39:24	6:09	67	9:13	388	13:48
Hermannsklippe	2.60	18:24	7:04	29	4:26	203	7:03	9.00	57:48	6:25	67	13:39	388	20:51
Brocken	3.10	29:55	9:39	25	7:16	177	12:08	12.10	1:27:43	7:14	67	20:55	388	32:59
Eiserner Handwe	3.60	18:10	5:02	23	4:32	143	5:50	15.70	1:45:53	6:44	67	25:27	388	38:48
Schlüsie	4.10	17:18	4:13	20	4:13	137	5:42	19.80	2:03:11	6:13	67	29:40	388	44:06
Loddenke	3.10	14:30	4:40	27	3:22	164	4:35	22.90	2:17:41	6:00	67	33:02	384	48:30
Ilseburg/Markt	3.30	15:09	4:35	21	2:47	124	4:21	26.20	2:32:50	5:50	24	35:49	160	52:28