



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein
Number: 500

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:17:11

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

Rank in course/Total: 77 (of 467)

Rank in course/Men: 71 (of 387)

Best time in course: 1:40:22

Rank in category: 9(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	16:14	4:55	5	1:41	48	3:43	3.30	16:14	4:55	67	1:41	388	3:43
Schlüsie	3.10	17:10	5:32	3	1:32	39	4:06	6.40	33:24	5:13	67	3:13	388	7:48
Hermannsklippe	2.60	14:48	5:41	4	0:50	37	3:27	9.00	48:12	5:21	67	4:03	388	11:15
Brocken	3.10	25:03	8:04	7	2:24	61	7:16	12.10	1:13:15	6:03	67	6:27	388	18:31
Eiserner Handwe	3.60	18:20	5:05	25	4:42	149	6:00	15.70	1:31:35	5:49	67	11:09	388	24:30
Schlüsie	4.10	17:26	4:15	22	4:21	148	5:50	19.80	1:49:01	5:30	67	15:30	388	29:56
Loddenke	3.10	13:46	4:26	20	2:38	121	3:51	22.90	2:02:47	5:21	67	18:08	384	33:36
Ilseburg/Markt	3.30	14:24	4:21	11	2:02	87	3:36	26.20	2:17:11	5:14	9	20:10	71	36:49