



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Nehring, Ronny

Club: Laufgruppe Dresden
Number: 528

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:39:29

Speed: 9.78 km/h
Running performance: 6:05 min/km

Rank in course/Total: 219 (of 467)

Rank in course/Men: 199 (of 387)

Best time in course: 1:40:22

Rank in category: 20(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	18:43	5:40	17	6:11	155	6:12	3.30	18:43	5:40	32	6:11	388	6:12
Schlüsie	3.10	21:07	6:48	22	8:03	206	8:03	6.40	39:50	6:13	32	14:14	388	14:14
Hermannsklippe	2.60	18:15	7:01	20	6:54	190	6:54	9.00	58:05	6:27	32	21:08	388	21:08
Brocken	3.10	30:41	9:53	20	12:54	206	12:54	12.10	1:28:46	7:20	32	34:02	388	34:02
Eiserner Handwe	3.60	20:28	5:41	22	8:08	248	8:08	15.70	1:49:14	6:57	32	42:09	388	42:09
Schlüsie	4.10	18:53	4:36	24	7:17	217	7:17	19.80	2:08:07	6:28	32	49:02	388	49:02
Loddenke	3.10	14:40	4:43	20	4:45	178	4:45	22.90	2:22:47	6:14	32	53:36	384	53:36
Ilseburg/Markt	3.30	16:42	5:03	23	5:52	205	5:54	26.20	2:39:29	6:05	20	59:07	199	59:07