



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Arefiev, Oleksandr

Club: Braunschweig
Number: 39

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:29:30

Speed: 10.43 km/h
Running performance: 5:43 min/km

Rank in course/Total: 151 (of 467)

Rank in course/Men: 140 (of 387)

Best time in course: 1:40:22

Rank in category: 15(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	18:58	5:44	18	6:26	171	6:27	3.30	18:58	5:44	32	6:26	388	6:27
Schlüsie	3.10	20:55	6:44	20	7:51	188	7:51	6.40	39:53	6:13	32	14:17	388	14:17
Hermannsklippe	2.60	17:50	6:51	17	6:29	165	6:29	9.00	57:43	6:24	32	20:46	388	20:46
Brocken	3.10	27:37	8:54	15	9:50	118	9:50	12.10	1:25:20	7:03	32	30:36	388	30:36
Eiserner Handwe	3.60	17:25	4:50	14	5:05	109	5:05	15.70	1:42:45	6:32	32	35:40	388	35:40
Schlüsie	4.10	16:37	4:03	14	5:01	111	5:01	19.80	1:59:22	6:01	32	40:17	388	40:17
Loddenke	3.10	14:25	4:39	18	4:30	160	4:30	22.90	2:13:47	5:50	32	44:36	384	44:36
Ilseburg/Markt	3.30	15:43	4:45	16	4:53	158	4:55	26.20	2:29:30	5:42	15	49:08	140	49:08