



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Goedecke, Sebastian

Club: Bonn
Number: 162

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:40:33

Speed: 9.72 km/h
Running performance: 6:08 min/km

Rank in course/Total: 229 (of 467)

Rank in course/Men: 209 (of 387)

Best time in course: 1:40:22

Rank in category: 37(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	19:00	5:45	32	5:20	175	6:29	3.30	19:00	5:45	60	5:20	388	6:29
Schlüsie	3.10	21:20	6:52	41	6:48	220	8:16	6.40	40:20	6:18	60	12:08	388	14:44
Hermannsklippe	2.60	18:58	7:17	43	6:18	230	7:37	9.00	59:18	6:35	60	18:26	388	22:21
Brocken	3.10	31:03	10:00	38	11:10	219	13:16	12.10	1:30:21	7:28	60	29:25	388	35:37
Eiserner Handwe	3.60	19:38	5:27	38	6:50	207	7:18	15.70	1:49:59	7:00	60	36:15	388	42:54
Schlüsie	4.10	18:23	4:29	33	6:15	192	6:47	19.80	2:08:22	6:28	60	42:30	388	49:17
Loddenke	3.10	15:15	4:55	38	5:07	213	5:20	22.90	2:23:37	6:16	60	47:37	384	54:26
Ilseburg/Markt	3.30	16:56	5:07	37	5:47	218	6:08	26.20	2:40:33	6:07	37	53:24	209	1:00:11