



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Wiggers, Bernd

Club: Sport-Club Itzehoe
Number: 495

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:26:00

Speed: 10.68 km/h
Running performance: 5:34 min/km

Rank in course/Total: 125 (of 467)

Rank in course/Men: 117 (of 387)

Best time in course: 1:40:22

Rank in category: 18(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	16:45	5:04	9	2:12	66	4:14	3.30	16:45	5:04	67	2:12	388	4:14
Schlüsie	3.10	19:19	6:13	16	3:41	115	6:15	6.40	36:04	5:38	67	5:53	388	10:28
Hermannsklippe	2.60	17:36	6:46	21	3:38	149	6:15	9.00	53:40	5:57	67	9:31	388	16:43
Brocken	3.10	30:05	9:42	27	7:26	182	12:18	12.10	1:23:45	6:55	67	16:57	388	29:01
Eiserner Handwe	3.60	17:11	4:46	15	3:33	98	4:51	15.70	1:40:56	6:25	67	20:30	388	33:51
Schlüsie	4.10	16:15	3:57	13	3:10	86	4:39	19.80	1:57:11	5:55	67	23:40	388	38:06
Loddenke	3.10	14:04	4:32	22	2:56	136	4:09	22.90	2:11:15	5:43	67	26:36	384	42:04
Ilseburg/Markt	3.30	14:45	4:28	17	2:23	102	3:57	26.20	2:26:00	5:34	18	28:59	117	45:38