



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Rasmussen, Søren

Club: Dänische Nationalmannschaft
Number: 349

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:02:48

Speed: 12.70 km/h
Running performance: 4:41 min/km

Rank in course/Total: 23 (of 467)

Rank in course/Men: 23 (of 387)

Best time in course: 1:40:22

Rank in category: 1(of 67)

Best time in the category: 2:02:48

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	15:26	4:40	2	0:04	32	2:55	3.30	15:26	4:40	68	0:04	388	2:55
Schlüsie	3.10	16:02	5:10	2	0:08	20	2:58	6.40	31:28	4:54	1	-	388	5:52
Hermannsklippe	2.60	14:06	5:25	1	-	22	2:45	9.00	45:34	5:03	1	-	388	8:37
Brocken	3.10	22:05	7:07	1	-	16	4:18	12.10	1:07:39	5:35	1	-	388	12:55
Eiserner Handwe	3.60	15:27	4:17	5	0:52	43	3:07	15.70	1:23:06	5:17	1	-	388	16:01
Schlüsie	4.10	14:47	3:36	5	1:08	40	3:11	19.80	1:37:53	4:56	1	-	388	18:48
Loddenke	3.10	11:43	3:46	3	0:05	24	1:48	22.90	1:49:36	4:47	1	-	384	20:25
Ilseburg/Markt	3.30	13:12	4:00	4	0:16	33	2:24	26.20	2:02:48	4:41	1	-	23	22:26