



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Fries de las Heras, Jürgen

Club: Hannover  
Number: 132

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:47:41

Speed: 9.30 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 275 (of 467)

Rank in course/Men: 247 (of 387)

Best time in course: 1:40:22

Rank in category: 41(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	18:47	5:41	27	4:14	163	6:16	3.30	18:47	5:41	67	4:14	388	6:16
Schlüsie	3.10	21:08	6:49	34	5:30	207	8:04	6.40	39:55	6:14	67	9:44	388	14:19
Hermannsklippe	2.60	18:45	7:12	31	4:47	214	7:24	9.00	58:40	6:31	67	14:31	388	21:43
Brocken	3.10	30:55	9:58	38	8:16	213	13:08	12.10	1:29:35	7:24	67	22:47	388	34:51
Eiserner Handwe	3.60	21:04	5:51	46	7:26	272	8:44	15.70	1:50:39	7:02	67	30:13	388	43:34
Schlüsie	4.10	21:35	5:15	52	8:30	308	9:59	19.80	2:12:14	6:40	67	38:43	388	53:09
Loddenke	3.10	17:12	5:32	53	6:04	300	7:17	22.90	2:29:26	6:31	67	44:47	384	1:00:15
Ilseburg/Markt	3.30	18:15	5:31	48	5:53	279	7:27	26.20	2:47:41	6:24	41	50:40	247	1:07:19