



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Thies, Raphael

Club: Göttinger
Number: 463

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:08:08

Speed: 12.17 km/h
Running performance: 4:53 min/km

Rank in course/Total: 40 (of 467)

Rank in course/Men: 39 (of 387)

Best time in course: 1:40:22

Rank in category: 8(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 | 14:58 | 4:32 | 7 | 1:18 | 25 | 2:27 | 3.30 | 14:58 | 4:32 | 60 | 1:18 | 388 | 2:27 |
| Schlüsie | 3.10 | 16:04 | 5:10 | 5 | 1:32 | 23 | 3:00 | 6.40 | 31:02 | 4:50 | 60 | 2:50 | 388 | 5:26 |
| Hermannsklippe | 2.60 | 14:03 | 5:24 | 4 | 1:23 | 20 | 2:42 | 9.00 | 45:05 | 5:00 | 60 | 4:13 | 388 | 8:08 |
| Brocken | 3.10 | 22:37 | 7:17 | 5 | 2:44 | 22 | 4:50 | 12.10 | 1:07:42 | 5:35 | 60 | 6:46 | 388 | 12:58 |
| Eiserner Handwe | 3.60 | 16:01 | 4:26 | 10 | 3:13 | 62 | 3:41 | 15.70 | 1:23:43 | 5:19 | 60 | 9:59 | 388 | 16:38 |
| Schlüsie | 4.10 | 15:47 | 3:50 | 15 | 3:39 | 77 | 4:11 | 19.80 | 1:39:30 | 5:01 | 60 | 13:38 | 388 | 20:25 |
| Loddenke | 3.10 | 13:38 | 4:23 | 20 | 3:30 | 109 | 3:43 | 22.90 | 1:53:08 | 4:56 | 60 | 17:08 | 384 | 23:57 |
| Ilseburg/Markt | 3.30 | 15:00 | 4:32 | 23 | 3:51 | 116 | 4:12 | 26.20 | 2:08:08 | 4:53 | 8 | 20:59 | 39 | 27:46 |