



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Rehbock, Volker

Club: Bad Nenndorf
Number: 350

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:43:38

Speed: 9.53 km/h
Running performance: 6:15 min/km

Rank in course/Total: 256 (of 467)

Rank in course/Men: 231 (of 387)

Best time in course: 1:40:22

Rank in category: 42(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	20:04	6:04	44	6:24	252	7:33	3.30	20:04	6:04	60	6:24	388	7:33
Schlüsie	3.10	21:16	6:51	39	6:44	215	8:12	6.40	41:20	6:27	60	13:08	388	15:44
Hermannsklippe	2.60	18:23	7:04	38	5:43	201	7:02	9.00	59:43	6:38	60	18:51	388	22:46
Brocken	3.10	30:14	9:45	37	10:21	190	12:27	12.10	1:29:57	7:26	60	29:01	388	35:13
Eiserner Handwe	3.60	19:54	5:31	40	7:06	222	7:34	15.70	1:49:51	6:59	60	36:07	388	42:46
Schlüsie	4.10	19:45	4:49	46	7:37	251	8:09	19.80	2:09:36	6:32	60	43:44	388	50:31
Loddenke	3.10	16:06	5:11	45	5:58	252	6:11	22.90	2:25:42	6:21	60	49:42	384	56:31
Ilseburg/Markt	3.30	17:56	5:26	45	6:47	269	7:08	26.20	2:43:38	6:14	42	56:29	231	1:03:16