



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Saage, Ansgar

Club: Aktion Löwenmama
Number: 377

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:46:47

Speed: 9.35 km/h
Running performance: 6:22 min/km

Rank in course/Total: 272 (of 467)

Rank in course/Men: 244 (of 387)

Best time in course: 1:40:22

Rank in category: 43(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	19:47	5:59	40	4:25	223	7:16	3.30	19:47	5:59	68	4:25	388	7:16
Schlüsie	3.10	21:45	7:00	41	5:51	236	8:41	6.40	41:32	6:29	68	10:04	388	15:56
Hermannsklippe	2.60	19:58	7:40	46	5:52	271	8:37	9.00	1:01:30	6:49	68	15:56	388	24:33
Brocken	3.10	33:39	10:51	50	11:34	293	15:52	12.10	1:35:09	7:51	68	27:30	388	40:25
Eiserner Handwe	3.60	20:01	5:33	40	5:26	228	7:41	15.70	1:55:10	7:20	68	32:04	388	48:05
Schlüsie	4.10	19:05	4:39	36	5:26	227	7:29	19.80	2:14:15	6:46	68	36:22	388	55:10
Loddenke	3.10	15:32	5:00	36	3:54	226	5:37	22.90	2:29:47	6:32	66	40:11	384	1:00:36
Ilseburg/Markt	3.30	17:00	5:09	39	4:04	224	6:12	26.20	2:46:47	6:21	43	43:59	244	1:06:25