



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Seeliger, Jan

Club: Schachdorf Ströbeck
Number: 430

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:49:54

Speed: 9.18 km/h
Running performance: 6:29 min/km

Rank in course/Total: 291 (of 467)

Rank in course/Men: 260 (of 387)

Best time in course: 1:40:22

Rank in category: 43(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	19:18	5:50	31	4:45	197	6:47	3.30	19:18	5:50	67	4:45	388	6:47
Schlüsie	3.10	21:56	7:04	43	6:18	250	8:52	6.40	41:14	6:26	67	11:03	388	15:38
Hermannsklippe	2.60	19:51	7:38	45	5:53	265	8:30	9.00	1:01:05	6:47	67	16:56	388	24:08
Brocken	3.10	32:50	10:35	45	10:11	271	15:03	12.10	1:33:55	7:45	67	27:07	388	39:11
Eiserner Handwe	3.60	21:02	5:50	45	7:24	270	8:42	15.70	1:54:57	7:19	67	34:31	388	47:52
Schlüsie	4.10	21:24	5:13	51	8:19	304	9:48	19.80	2:16:21	6:53	67	42:50	388	57:16
Loddenke	3.10	16:49	5:25	49	5:41	285	6:54	22.90	2:33:10	6:41	67	48:31	384	1:03:59
Ilseburg/Markt	3.30	16:44	5:04	33	4:22	207	5:56	26.20	2:49:54	6:29	43	52:53	260	1:09:32