



50. Brockenlauf Ilseburg / 04.09.2021

Detailed evaluation

Alb, Kristian

Club: Hannover

Number: 36

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:49:15

Speed: 9.22 km/h

Running performance: 6:28 min/km

Rank in course/Total: 289 (of 467)

Rank in course/Men: 259 (of 387)

Best time in course: 1:40:22

Rank in category: 32(of 36)

Best time in the category: 1:50:42

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	21:09	6:24	33	7:55	301	8:38	3.30	21:09	6:24	37	7:55	388	8:38
Schlüsle	3.10	22:55	7:23	35	7:55	291	9:51	6.40	44:04	6:53	37	15:37	388	18:28
Hermannsklippe	2.60	19:30	7:30	33	6:08	253	8:09	9.00	1:03:34	7:03	37	21:45	388	26:37
Brocken	3.10	29:46	9:36	25	9:00	176	11:59	12.10	1:33:20	7:42	37	30:11	388	38:36
Eiserner Handwe	3.60	21:20	5:55	30	8:35	284	9:00	15.70	1:54:40	7:18	37	38:21	388	47:35
Schlüsle	4.10	21:07	5:09	30	8:37	295	9:31	19.80	2:15:47	6:51	37	46:58	388	56:42
Loddenke	3.10	16:48	5:25	31	6:22	284	6:53	22.90	2:32:35	6:39	37	53:20	384	1:03:24
Ilseburg/Markt	3.30	16:40	5:03	26	5:14	203	5:52	26.20	2:49:15	6:27	32	58:33	259	1:08:53