



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Mock, Ralf

Club: TuS Hasede
Number: 312

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:52:20

Speed: 9.05 km/h
Running performance: 6:35 min/km

Rank in course/Total: 308 (of 467)

Rank in course/Men: 274 (of 387)

Best time in course: 1:40:22

Rank in category: 13(of 28)

Best time in the category: 2:08:33

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	22:04	6:41	22	5:43	335	9:33	3.30	22:04	6:41	29	5:43	388	9:33
Schlüsie	3.10	23:00	7:25	13	5:29	292	9:56	6.40	45:04	7:02	29	11:12	388	19:28
Hermannsklippe	2.60	19:38	7:33	11	4:29	259	8:17	9.00	1:04:42	7:11	29	15:41	388	27:45
Brocken	3.10	30:35	9:51	9	6:48	205	12:48	12.10	1:35:17	7:52	29	22:29	388	40:33
Eiserner Handwe	3.60	22:12	6:09	19	6:22	311	9:52	15.70	1:57:29	7:28	29	28:51	388	50:24
Schlüsie	4.10	21:05	5:08	17	6:11	294	9:29	19.80	2:18:34	6:59	29	35:02	388	59:29
Loddenke	3.10	16:44	5:23	17	4:39	280	6:49	22.90	2:35:18	6:46	29	39:41	384	1:06:07
Ilseburg/Markt	3.30	17:02	5:09	10	4:06	227	6:14	26.20	2:52:20	6:34	13	43:47	274	1:11:58