



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Rettig, Jens

Club: Lichtentanne
Number: 359

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:52:36

Speed: 9.04 km/h
Running performance: 6:35 min/km

Rank in course/Total: 311 (of 467)

Rank in course/Men: 277 (of 387)

Best time in course: 1:40:22

Rank in category: 49(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	20:35	6:14	47	5:13	271	8:04	3.30	20:35	6:14	68	5:13	388	8:04
Schlüsie	3.10	22:35	7:17	47	6:41	274	9:31	6.40	43:10	6:44	68	11:42	388	17:34
Hermannsklippe	2.60	20:08	7:44	48	6:02	284	8:47	9.00	1:03:18	7:01	68	17:44	388	26:21
Brocken	3.10	32:14	10:23	45	10:09	252	14:27	12.10	1:35:32	7:53	68	27:53	388	40:48
Eiserner Handwe	3.60	21:09	5:52	49	6:34	275	8:49	15.70	1:56:41	7:25	68	33:35	388	49:36
Schlüsie	4.10	21:36	5:16	50	7:57	309	10:00	19.80	2:18:17	6:59	68	40:24	388	59:12
Loddenke	3.10	17:05	5:30	49	5:27	295	7:10	22.90	2:35:22	6:47	66	45:46	384	1:06:11
Ilseburg/Markt	3.30	17:14	5:13	41	4:18	236	6:26	26.20	2:52:36	6:35	49	49:48	277	1:12:14