



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Ahrens, Jörg

Club: Hamminkeln
Number: 35

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:53:43

Speed: 8.98 km/h
Running performance: 6:38 min/km

Rank in course/Total: 316 (of 467)

Rank in course/Men: 282 (of 387)

Best time in course: 1:40:22

Rank in category: 50(of 66)

Best time in the category: 1:57:01

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	6:02	271	8:04	3.30	20:35	6:14	67	6:02	388	8:04
Schlüsie	3.10	20:53	6:44	28	5:15	183	7:49	6.40	41:28	6:28	67	11:17	388	15:52
Hermannsklippe	2.60	19:10	7:22	37	5:12	238	7:49	9.00	1:00:38	6:44	67	16:29	388	23:41
Brocken	3.10	32:47	10:34	44	10:08	269	15:00	12.10	1:33:25	7:43	67	26:37	388	38:41
Eiserner Handwe	3.60	21:49	6:03	49	8:11	299	9:29	15.70	1:55:14	7:20	67	34:48	388	48:09
Schlüsie	4.10	20:07	4:54	42	7:02	266	8:31	19.80	2:15:21	6:50	67	41:50	388	56:16
Loddenke	3.10	17:55	5:46	57	6:47	319	8:00	22.90	2:33:16	6:41	67	48:37	384	1:04:05
Ilseburg/Markt	3.30	20:27	6:11	62	8:05	348	9:39	26.20	2:53:43	6:37	50	56:42	282	1:13:21