



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Diab, Nahid

Club: SCC Berlin
Number: 92

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:51:20

Speed: 9.11 km/h
Running performance: 6:32 min/km

Rank in course/Total: 299 (of 467)

Rank in course/Men: 266 (of 387)

Best time in course: 1:40:22

Rank in category: 12(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	21:57	6:39	21	5:36	332	9:26	3.30	21:57	6:39	29	5:36	388	9:26
Schlüsie	3.10	23:07	7:27	14	5:36	298	10:03	6.40	45:04	7:02	29	11:12	388	19:28
Hermannsklippe	2.60	20:07	7:44	13	4:58	283	8:46	9.00	1:05:11	7:14	29	16:10	388	28:14
Brocken	3.10	30:30	9:50	8	6:43	199	12:43	12.10	1:35:41	7:54	29	22:53	388	40:57
Eiserner Handwe	3.60	21:10	5:52	16	5:20	276	8:50	15.70	1:56:51	7:26	29	28:13	388	49:46
Schlüsie	4.10	20:15	4:56	16	5:21	271	8:39	19.80	2:17:06	6:55	29	33:34	388	58:01
Loddenke	3.10	16:10	5:12	13	4:05	258	6:15	22.90	2:33:16	6:41	29	37:39	384	1:04:05
Ilseburg/Markt	3.30	18:04	5:28	16	5:08	271	7:16	26.20	2:51:20	6:32	12	42:47	266	1:10:58