



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

McDonald, Christian

Club: Wolfenbüttel
Number: 297

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:53:46

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

Rank in course/Total: 317 (of 467)

Rank in course/Men: 283 (of 387)

Best time in course: 1:40:22

Rank in category: 50(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	21:04	6:23	52	5:42	297	8:33	3.30	21:04	6:23	68	5:42	388	8:33
Schlüsie	3.10	22:29	7:15	46	6:35	269	9:25	6.40	43:33	6:48	68	12:05	388	17:57
Hermannsklippe	2.60	19:25	7:28	42	5:19	247	8:04	9.00	1:02:58	6:59	68	17:24	388	26:01
Brocken	3.10	30:34	9:51	38	8:29	203	12:47	12.10	1:33:32	7:43	68	25:53	388	38:48
Eiserner Handwe	3.60	21:30	5:58	51	6:55	291	9:10	15.70	1:55:02	7:19	68	31:56	388	47:57
Schlüsie	4.10	22:17	5:26	56	8:38	326	10:41	19.80	2:17:19	6:56	68	39:26	388	58:14
Loddenke	3.10	17:17	5:34	52	5:39	303	7:22	22.90	2:34:36	6:45	66	45:00	384	1:05:25
Ilseburg/Markt	3.30	19:10	5:48	54	6:14	312	8:22	26.20	2:53:46	6:37	50	50:58	283	1:13:24