



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Seerau, Roland

Club: TuS Xanten
Number: 431

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:52:50

Speed: 9.03 km/h
Running performance: 6:36 min/km

Rank in course/Total: 313 (of 467)

Rank in course/Men: 279 (of 387)

Best time in course: 1:40:22

Rank in category: 14(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	21:51	6:37	19	5:30	326	9:20	3.30	21:51	6:37	29	5:30	388	9:20
Schlüsie	3.10	23:25	7:33	17	5:54	314	10:21	6.40	45:16	7:04	29	11:24	388	19:40
Hermannsklippe	2.60	20:58	8:03	16	5:49	303	9:37	9.00	1:06:14	7:21	29	17:13	388	29:17
Brocken	3.10	32:40	10:32	14	8:53	263	14:53	12.10	1:38:54	8:10	29	26:06	388	44:10
Eiserner Handwe	3.60	19:50	5:30	12	4:00	218	7:30	15.70	1:58:44	7:33	29	30:06	388	51:39
Schlüsie	4.10	19:56	4:51	14	5:02	256	8:20	19.80	2:18:40	7:00	29	35:08	388	59:35
Loddenke	3.10	16:28	5:18	16	4:23	270	6:33	22.90	2:35:08	6:46	29	39:31	384	1:05:57
Ilseburg/Markt	3.30	17:42	5:21	14	4:46	256	6:54	26.20	2:52:50	6:35	14	44:17	279	1:12:28