



# 50. Brockenlauf

Ilseburg / 04.09.2021

## Detailed evaluation

**Zinser, Ralf**

Club: Verden/Aller  
Number: 509

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

**Total time: 3:03:11**

Speed: 8.52 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 366 (of 467)

Rank in course/Men: 319 (of 387)

Best time in course: 1:40:22

Rank in category: 55(of 66)

Best time in the category: 1:57:01

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	22:06	6:41	57	7:33	336	9:35	3.30	22:06	6:41	67	7:33	388	9:35
Schlüsie	3.10	23:32	7:35	54	7:54	320	10:28	6.40	45:38	7:07	67	15:27	388	20:02
Hermannsklippe	2.60	21:22	8:13	55	7:24	318	10:01	9.00	1:07:00	7:26	67	22:51	388	30:03
Brocken	3.10	36:43	11:50	61	14:04	335	18:56	12.10	1:43:43	8:34	67	36:55	388	48:59
Eiserner Handwe	3.60	23:13	6:26	58	9:35	333	10:53	15.70	2:06:56	8:05	67	46:30	388	59:51
Schlüsie	4.10	22:06	5:23	56	9:01	321	10:30	19.80	2:29:02	7:31	67	55:31	388	1:09:57
Loddenke	3.10	17:01	5:29	52	5:53	293	7:06	22.90	2:46:03	7:15	67	1:01:24	384	1:16:52
Ilseburg/Markt	3.30	17:08	5:11	39	4:46	231	6:20	26.20	3:03:11	6:59	55	1:06:10	319	1:22:49