



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Thöß, Ilo

Club: LG Ultralauf  
Number: 466

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 2:54:37

Speed: 8.93 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 323 (of 467)

Rank in course/Women: 36 (of 80)

Best time in course: 2:03:14

Rank in category: 4(of 11)

Best time in the category: 2:16:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	20:58	6:21	3	2:51	39	6:03	3.30	20:58	6:21	12	2:51	81	6:03
Schlüsie	3.10	24:00	7:44	4	5:36	47	7:17	6.40	44:58	7:01	12	8:27	81	13:20
Hermannsklippe	2.60	22:14	8:33	5	6:05	50	7:30	9.00	1:07:12	7:28	12	14:32	81	20:50
Brocken	3.10	36:07	11:39	6	11:23	50	11:27	12.10	1:43:19	8:32	12	25:55	81	32:17
Eiserner Handwe	3.60	20:55	5:48	5	4:58	36	6:25	15.70	2:04:14	7:54	12	30:53	81	38:42
Schlüsie	4.10	17:36	4:17	2	2:06	19	3:40	19.80	2:21:50	7:09	12	32:59	81	42:22
Loddenke	3.10	16:01	5:09	3	2:51	31	4:37	22.90	2:37:51	6:53	12	35:50	80	46:59
Ilseburg/Markt	3.30	16:46	5:04	3	2:19	28	4:24	26.20	2:54:37	6:39	4	38:09	36	51:23