



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Mika, Rainer

Club: VfB Salzkotten
Number: 311

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:55:53

Speed: 8.87 km/h
Running performance: 6:43 min/km

Rank in course/Total: 327 (of 467)

Rank in course/Men: 291 (of 387)

Best time in course: 1:40:22

Rank in category: 52(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	20:58	6:21	51	5:36	293	8:27	3.30	20:58	6:21	68	5:36	388	8:27
Schlüsie	3.10	24:00	7:44	55	8:06	328	10:56	6.40	44:58	7:01	68	13:30	388	19:22
Hermannsklippe	2.60	22:15	8:33	57	8:09	347	10:54	9.00	1:07:13	7:28	68	21:39	388	30:16
Brocken	3.10	36:06	11:38	57	14:01	327	18:19	12.10	1:43:19	8:32	68	35:40	388	48:35
Eiserner Handwe	3.60	20:53	5:48	47	6:18	260	8:33	15.70	2:04:12	7:54	68	41:06	388	57:07
Schlüsie	4.10	18:28	4:30	31	4:49	196	6:52	19.80	2:22:40	7:12	68	44:47	388	1:03:35
Loddenke	3.10	15:48	5:05	39	4:10	243	5:53	22.90	2:38:28	6:55	66	48:52	384	1:09:17
Ilseburg/Markt	3.30	17:25	5:16	43	4:29	242	6:37	26.20	2:55:53	6:42	52	53:05	291	1:15:31