



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Pusch, Toralf

Club: Düsseldorf
Number: 343

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:08:29

Speed: 8.28 km/h
Running performance: 7:11 min/km

Rank in course/Total: 390 (of 467)

Rank in course/Men: 335 (of 387)

Best time in course: 1:40:22

Rank in category: 57(of 59)

Best time in the category: 1:47:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:15	6:26	50	7:35	303	8:44	3.30	21:15	6:26	60	7:35	388	8:44
Schlüsie	3.10	22:39	7:18	47	8:07	278	9:35	6.40	43:54	6:51	60	15:42	388	18:18
Hermannsklippe	2.60	21:12	8:09	54	8:32	314	9:51	9.00	1:05:06	7:13	60	24:14	388	28:09
Brocken	3.10	37:52	12:12	57	17:59	355	20:05	12.10	1:42:58	8:30	60	42:02	388	48:14
Eiserner Handwe	3.60	23:34	6:32	56	10:46	343	11:14	15.70	2:06:32	8:03	60	52:48	388	59:27
Schlüsie	4.10	22:56	5:35	57	10:48	337	11:20	19.80	2:29:28	7:32	60	1:03:36	388	1:10:23
Loddenke	3.10	18:34	5:59	56	8:26	333	8:39	22.90	2:48:02	7:20	60	1:12:02	384	1:18:51
Ilseburg/Markt	3.30	20:27	6:11	57	9:18	348	9:39	26.20	3:08:29	7:11	57	1:21:20	335	1:28:07