



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Krämer, Stefan

Club: LSG Kassel  
Number: 240

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:06:05

Speed: 8.45 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 377 (of 467)

Rank in course/Men: 326 (of 387)

Best time in course: 1:40:22

Rank in category: 42(of 50)

Best time in the category: 1:43:53

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	20:10	6:06	35	6:31	256	7:39	3.30	20:10	6:06	51	6:31	388	7:39
Schlüsie	3.10	23:02	7:25	38	8:52	296	9:58	6.40	43:12	6:45	51	15:23	388	17:36
Hermannsklippe	2.60	21:44	8:21	42	9:51	329	10:23	9.00	1:04:56	7:12	51	25:14	388	27:59
Brocken	3.10	38:26	12:23	45	19:54	364	20:39	12.10	1:43:22	8:32	51	45:08	388	48:38
Eiserner Handwe	3.60	22:38	6:17	41	9:56	320	10:18	15.70	2:06:00	8:01	51	55:04	388	58:55
Schlüsie	4.10	22:47	5:33	39	10:40	335	11:11	19.80	2:28:47	7:30	51	1:05:44	388	1:09:42
Loddenke	3.10	17:44	5:43	36	7:42	314	7:49	22.90	2:46:31	7:16	49	1:13:26	384	1:17:20
Ilseburg/Markt	3.30	19:34	5:55	38	8:46	325	8:46	26.20	3:06:05	7:06	42	1:22:12	326	1:25:43