



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Abel, Arvid

Club: Hannover Runners e.V.  
Number: 32

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 3:12:22

Speed: 8.11 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 407 (of 467)

Rank in course/Men: 345 (of 387)

Best time in course: 1:40:22

Rank in category: 26(of 27)

Best time in the category: 1:49:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men	km				
Loddenke	3.30	25:44	7:47	27	13:13	384	13:13	3.30	25:44	7:47	28	13:13	388	13:13	
Schlüsie	3.10	28:20	9:08	27	14:44	379	15:16	6.40	54:04	8:26	28	27:57	388	28:28	
Hermannsklippe	2.60	22:45	8:45	26	10:46	358	11:24	9.00	1:16:49	8:32	28	38:43	388	39:52	
Brocken	3.10	35:42	11:30	24	15:38	321	17:55	12.10	1:52:31	9:17	28	54:21	388	57:47	
Eiserner Handwe	3.60	25:47	7:09	27	12:14	368	13:27	15.70	2:18:18	8:48	28	1:06:35	388	1:11:13	
Schlüsie	4.10	20:38	5:01	25	7:02	285	9:02	19.80	2:38:56	8:01	28	1:13:04	388	1:19:51	
Loddenke	3.10	15:41	5:03	19	4:12	235	5:46	22.90	2:54:37	7:37	28	1:17:09	384	1:25:26	
Ilseburg/Markt	3.30	17:45	5:22	21	5:32	263	6:57	26.20	3:12:22	7:20	26	1:22:31	345	1:32:00	