



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

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Club: Erst laufen dann saufen
Number: 529

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:02:30

Speed: 8.55 km/h
Running performance: 6:58 min/km

Rank in course/Total: 364 (of 467)

Rank in course/Men: 316 (of 387)

Best time in course: 1:40:22

Rank in category: 53(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	24:05	7:17	59	10:25	371	11:34	3.30	24:05	7:17	60	10:25	388	11:34
Schlüsie	3.10	24:33	7:55	57	10:01	346	11:29	6.40	48:38	7:35	60	20:26	388	23:02
Hermannsklippe	2.60	23:01	8:51	58	10:21	362	11:40	9.00	1:11:39	7:57	60	30:47	388	34:42
Brocken	3.10	35:53	11:34	53	16:00	324	18:06	12.10	1:47:32	8:53	60	46:36	388	52:48
Eiserner Handwe	3.60	21:59	6:06	52	9:11	304	9:39	15.70	2:09:31	8:14	60	55:47	388	1:02:26
Schlüsie	4.10	21:22	5:12	52	9:14	303	9:46	19.80	2:30:53	7:37	60	1:05:01	388	1:11:48
Loddenke	3.10	15:45	5:04	42	5:37	239	5:50	22.90	2:46:38	7:16	60	1:10:38	384	1:17:27
Ilseburg/Markt	3.30	15:52	4:48	30	4:43	168	5:04	26.20	3:02:30	6:57	53	1:15:21	316	1:22:08