



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Sowada, Peter

Club: Schneller geht's nicht
Number: 435

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:06:31

Speed: 8.36 km/h
Running performance: 7:07 min/km

Rank in course/Total: 380 (of 467)

Rank in course/Men: 327 (of 387)

Best time in course: 1:40:22

Rank in category: 21(of 28)

Best time in the category: 2:08:33

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	22:16	6:44	24	5:55	344	9:45	3.30	22:16	6:44	29	5:55	388	9:45
Schlüsie	3.10	24:18	7:50	21	6:47	336	11:14	6.40	46:34	7:16	29	12:42	388	20:58
Hermannsklippe	2.60	22:11	8:31	23	7:02	344	10:50	9.00	1:08:45	7:38	29	19:44	388	31:48
Brocken	3.10	35:09	11:20	18	11:22	315	17:22	12.10	1:43:54	8:35	29	31:06	388	49:10
Eiserner Handwe	3.60	20:30	5:41	14	4:40	251	8:10	15.70	2:04:24	7:55	29	35:46	388	57:19
Schlüsie	4.10	19:48	4:49	12	4:54	252	8:12	19.80	2:24:12	7:16	29	40:40	388	1:05:07
Loddenke	3.10	21:36	6:58	27	9:31	372	11:41	22.90	2:45:48	7:14	29	50:11	384	1:16:37
Ilseburg/Markt	3.30	20:43	6:16	25	7:47	353	9:55	26.20	3:06:31	7:07	21	57:58	327	1:26:09