



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Thater, Ralf

Club: LSF Oldenburg
Number: 459

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:12:27

Speed: 8.11 km/h
Running performance: 7:21 min/km

Rank in course/Total: 408 (of 467)

Rank in course/Men: 347 (of 387)

Best time in course: 1:40:22

Rank in category: 25(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	21:37	6:33	18	5:16	316	9:06	3.30	21:37	6:33	29	5:16	388	9:06
Schlüsie	3.10	24:21	7:51	22	6:50	337	11:17	6.40	45:58	7:10	29	12:06	388	20:22
Hermannsklippe	2.60	21:36	8:18	19	6:27	322	10:15	9.00	1:07:34	7:30	29	18:33	388	30:37
Brocken	3.10	36:46	11:51	22	12:59	337	18:59	12.10	1:44:20	8:37	29	31:32	388	49:36
Eiserner Handwe	3.60	23:50	6:37	23	8:00	347	11:30	15.70	2:08:10	8:09	29	39:32	388	1:01:05
Schlüsie	4.10	25:13	6:09	26	10:19	368	13:37	19.80	2:33:23	7:44	29	49:51	388	1:14:18
Loddenke	3.10	19:29	6:17	24	7:24	348	9:34	22.90	2:52:52	7:32	29	57:15	384	1:23:41
Ilseburg/Markt	3.30	19:35	5:56	23	6:39	327	8:47	26.20	3:12:27	7:20	25	1:03:54	347	1:32:05