



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Ebert-Herzog, Frank

Club: Cottbus

Number: 109

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:16:26

Speed: 7.94 km/h

Running performance: 7:30 min/km

Rank in course/Total: 424 (of 467)

Rank in course/Men: 358 (of 387)

Best time in course: 1:40:22

Rank in category: 61(of 66)

Best time in the category: 1:57:01

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	21:42	6:34	56	7:09	319	9:11	3.30	21:42	6:34	67	7:09	388	9:11
Schlüsie	3.10	23:47	7:40	55	8:09	325	10:43	6.40	45:29	7:06	67	15:18	388	19:53
Hermannsklippe	2.60	21:57	8:26	57	7:59	337	10:36	9.00	1:07:26	7:29	67	23:17	388	30:29
Brocken	3.10	34:01	10:58	55	11:22	301	16:14	12.10	1:41:27	8:23	67	34:39	388	46:43
Eiserner Handwe	3.60	27:32	7:38	63	13:54	374	15:12	15.70	2:08:59	8:12	67	48:33	388	1:01:54
Schlüsie	4.10	26:43	6:30	64	13:38	375	15:07	19.80	2:35:42	7:51	67	1:02:11	388	1:16:37
Loddenke	3.10	20:03	6:28	63	8:55	357	10:08	22.90	2:55:45	7:40	67	1:11:06	384	1:26:34
Ilseburg/Markt	3.30	20:41	6:16	63	8:19	352	9:53	26.20	3:16:26	7:29	61	1:19:25	358	1:36:04