



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Sagner, Michael

Club: Goslar
Number: 379

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:16:19

Speed: 7.95 km/h
Running performance: 7:29 min/km

Rank in course/Total: 423 (of 467)

Rank in course/Men: 357 (of 387)

Best time in course: 1:40:22

Rank in category: 58(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	20:47	6:17	48	7:07	285	8:16	3.30	20:47	6:17	60	7:07	388	8:16
Schlüsie	3.10	24:28	7:53	56	9:56	342	11:24	6.40	45:15	7:04	60	17:03	388	19:39
Hermannsklippe	2.60	21:58	8:26	56	9:18	338	10:37	9.00	1:07:13	7:28	60	26:21	388	30:16
Brocken	3.10	35:57	11:35	54	16:04	325	18:10	12.10	1:43:10	8:31	60	42:14	388	48:26
Eiserner Handwe	3.60	23:04	6:24	54	10:16	330	10:44	15.70	2:06:14	8:02	60	52:30	388	59:09
Schlüsie	4.10	27:20	6:40	58	15:12	377	15:44	19.80	2:33:34	7:45	60	1:07:42	388	1:14:29
Loddenke	3.10	21:59	7:05	58	11:51	376	12:04	22.90	2:55:33	7:39	60	1:19:33	384	1:26:22
Ilseburg/Markt	3.30	20:46	6:17	58	9:37	354	9:58	26.20	3:16:19	7:29	58	1:29:10	357	1:35:57