



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Seelig, Michael

Club: SEELZE

Number: 429

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:19:56

Speed: 7.80 km/h

Running performance: 7:38 min/km

Rank in course/Total: 434 (of 467)

Rank in course/Men: 366 (of 387)

Best time in course: 1:40:22

Rank in category: 47(of 50)

Best time in the category: 1:43:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:17	6:26	39	7:38	306	8:46	3.30	21:17	6:26	51	7:38	388	8:46
Schlüsie	3.10	22:49	7:21	35	8:39	286	9:45	6.40	44:06	6:53	51	16:17	388	18:30
Hermannsklippe	2.60	21:41	8:20	41	9:48	324	10:20	9.00	1:05:47	7:18	51	26:05	388	28:50
Brocken	3.10	45:25	14:39	50	26:53	385	27:38	12.10	1:51:12	9:11	51	52:58	388	56:28
Eiserner Handwe	3.60	22:56	6:22	42	10:14	326	10:36	15.70	2:14:08	8:32	51	1:03:12	388	1:07:03
Schlüsie	4.10	24:10	5:53	43	12:03	357	12:34	19.80	2:38:18	7:59	51	1:15:15	388	1:19:13
Loddenke	3.10	19:47	6:22	44	9:45	355	9:52	22.90	2:58:05	7:46	49	1:25:00	384	1:28:54
Ilseburg/Markt	3.30	21:51	6:37	44	11:03	365	11:03	26.20	3:19:56	7:37	47	1:36:03	366	1:39:34