



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Stronczyk, Volker

Club: LLG HERZKASPER
Number: 450

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:21:35

Speed: 7.74 km/h
Running performance: 7:41 min/km

Rank in course/Total: 435 (of 467)

Rank in course/Men: 367 (of 387)

Best time in course: 1:40:22

Rank in category: 26(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	24:34	7:26	26	8:13	377	12:03	3.30	24:34	7:26	29	8:13	388	12:03
Schlüsie	3.10	27:19	8:48	26	9:48	376	14:15	6.40	51:53	8:06	29	18:01	388	26:17
Hermannsklippe	2.60	25:07	9:39	26	9:58	379	13:46	9.00	1:17:00	8:33	29	27:59	388	40:03
Brocken	3.10	38:59	12:34	26	15:12	371	21:12	12.10	1:55:59	9:35	29	43:11	388	1:01:15
Eiserner Handwe	3.60	24:32	6:48	26	8:42	356	12:12	15.70	2:20:31	8:57	29	51:53	388	1:13:26
Schlüsie	4.10	23:23	5:42	24	8:29	346	11:47	19.80	2:43:54	8:16	29	1:00:22	388	1:24:49
Loddenke	3.10	18:21	5:55	22	6:16	331	8:26	22.90	3:02:15	7:57	29	1:06:38	384	1:33:04
Ilseburg/Markt	3.30	19:20	5:51	21	6:24	321	8:32	26.20	3:21:35	7:41	26	1:13:02	367	1:41:13