



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Pluskal, Steffen

Club: Laufgruppe Lustig
Number: 338

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:31:30

Speed: 7.38 km/h
Running performance: 8:04 min/km

Rank in course/Total: 454 (of 467)

Rank in course/Men: 379 (of 387)

Best time in course: 1:40:22

Rank in category: 66(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	23:25	7:05	65	8:52	367	10:54	3.30	23:25	7:05	67	8:52	388	10:54
Schlüsie	3.10	25:10	8:07	62	9:32	358	12:06	6.40	48:35	7:35	67	18:24	388	22:59
Hermannsklippe	2.60	23:10	8:54	60	9:12	364	11:49	9.00	1:11:45	7:58	67	27:36	388	34:48
Brocken	3.10	36:20	11:43	58	13:41	330	18:33	12.10	1:48:05	8:55	67	41:17	388	53:21
Eiserner Handwe	3.60	33:19	9:15	64	19:41	384	20:59	15.70	2:21:24	9:00	67	1:00:58	388	1:14:19
Schlüsie	4.10	28:51	7:02	66	15:46	382	17:15	19.80	2:50:15	8:35	67	1:16:44	388	1:31:10
Loddenke	3.10	21:02	6:47	66	9:54	369	11:07	22.90	3:11:17	8:21	67	1:26:38	384	1:42:06
Ilseburg/Markt	3.30	20:13	6:07	60	7:51	341	9:25	26.20	3:31:30	8:04	66	1:34:29	379	1:51:08