



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Röhse, Sören

Club: Hann. Münden
Number: 372

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:42:10

Speed: 7.02 km/h
Running performance: 8:29 min/km

Rank in course/Total: 458 (of 467)

Rank in course/Men: 381 (of 387)

Best time in course: 1:40:22

Rank in category: 48(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:20	7:04	48	9:41	364	10:49	3.30	23:20	7:04	51	9:41	388	10:49
Schlüsie	3.10	28:33	9:12	48	14:23	381	15:29	6.40	51:53	8:06	51	24:04	388	26:17
Hermannsklippe	2.60	25:44	9:53	49	13:51	381	14:23	9.00	1:17:37	8:37	51	37:55	388	40:40
Brocken	3.10	42:15	13:37	48	23:43	380	24:28	12.10	1:59:52	9:54	51	1:01:38	388	1:05:08
Eiserner Handwe	3.60	27:21	7:35	46	14:39	373	15:01	15.70	2:27:13	9:22	51	1:16:17	388	1:20:08
Schlüsie	4.10	28:28	6:56	48	16:21	380	16:52	19.80	2:55:41	8:52	51	1:32:38	388	1:36:36
Loddenke	3.10	23:04	7:26	46	13:02	378	13:09	22.90	3:18:45	8:40	49	1:45:40	384	1:49:34
Ilseburg/Markt	3.30	23:25	7:05	46	12:37	374	12:37	26.20	3:42:10	8:28	48	1:58:17	381	2:01:48