



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Witt, Maik

Club: Giesen
Number: 499

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:02:37

Speed: 6.43 km/h
Running performance: 9:16 min/km

Rank in course/Total: 464 (of 467)

Rank in course/Men: 385 (of 387)

Best time in course: 1:40:22

Rank in category: 50(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	25:40	7:46	50	12:01	383	13:09	3.30	25:40	7:46	51	12:01	388	13:09
Schlüsie	3.10	29:16	9:26	49	15:06	382	16:12	6.40	54:56	8:34	51	27:07	388	29:20
Hermannsklippe	2.60	29:00	11:09	50	17:07	386	17:39	9.00	1:23:56	9:19	51	44:14	388	46:59
Brocken	3.10	44:59	14:30	49	26:27	384	27:12	12.10	2:08:55	10:39	51	1:10:41	388	1:14:11
Eiserner Handwe	3.60	30:17	8:24	49	17:35	378	17:57	15.70	2:39:12	10:08	51	1:28:16	388	1:32:07
Schlüsie	4.10	30:04	7:20	50	17:57	384	18:28	19.80	3:09:16	9:33	51	1:46:13	388	1:50:11
Loddenke	3.10	24:18	7:50	48	14:16	380	14:23	22.90	3:33:34	9:19	49	2:00:29	384	2:04:23
Ilseburg/Markt	3.30	29:03	8:48	48	18:15	380	18:15	26.20	4:02:37	9:15	50	2:18:44	385	2:22:15