



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 |