



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Krause, Karl-Heinz

Club: Erst laufen dann saufen
Number: 243

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 4:28:31

Speed: 5.81 km/h
Running performance: 10:15 min/km

Rank in course/Total: 467 (of 467)

Rank in course/Men: 387 (of 387)

Best time in course: 1:40:22

Rank in category: 28(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	26:54	8:09	28	10:33	386	14:23	3.30	26:54	8:09	29	10:33	388	14:23
Schlüsie	3.10	31:16	10:05	27	13:45	385	18:12	6.40	58:10	9:05	29	24:18	388	32:34
Hermannsklippe	2.60	30:48	11:50	28	15:39	387	19:27	9.00	1:28:58	9:53	29	39:57	388	52:01
Brocken	3.10	57:55	18:40	28	34:08	387	40:08	12.10	2:26:53	12:08	29	1:14:05	388	1:32:09
Eiserner Handwe	3.60	34:38	9:37	28	18:48	385	22:18	15.70	3:01:31	11:33	29	1:32:53	388	1:54:26
Schlüsie	4.10	32:29	7:55	28	17:35	386	20:53	19.80	3:34:00	10:48	29	1:50:28	388	2:14:55
Loddenke	3.10	27:47	8:57	28	15:42	383	17:52	22.90	4:01:47	10:33	29	2:06:10	384	2:32:36
Ilseburg/Markt	3.30	26:44	8:06	28	13:48	379	15:56	26.20	4:28:31	10:14	28	2:19:58	387	2:48:09