



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Sonnemann, Oliver

Club: Hannover 96
Number: 385

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:59:27

Speed: 13.16 km/h
Running performance: 4:34 min/km

Rank in course/Total: 11 (of 418)

Rank in course/Men: 11 (of 336)

Best time in course: 1:39:59

Rank in category: 1(of 43)

Best time in the category: 1:59:27

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	15:23	4:39	2	0:26	26	3:23	3.30	15:23	4:39	2	0:26	26	3:23
Schlüsie	3.10	15:47	5:05	1	-	14	2:20	6.40	31:10	4:52	1	-	20	5:43
Hermannsklippe	2.60	13:32	5:12	1	-	5	1:44	9.00	44:42	4:58	1	-	15	7:27
Brocken	3.10	21:43	7:00	1	-	8	3:33	12.10	1:06:25	5:29	1	-	11	11:00
Eiserner Handwe	3.60	14:52	4:07	1	-	19	2:50	15.70	1:21:17	5:10	1	-	13	13:50
Schlüsie	4.10	14:47	3:36	5	0:32	30	3:15	19.80	1:36:04	4:51	1	-	15	17:05
Loddenke	3.10	11:27	3:41	1	-	7	1:29	22.90	1:47:31	4:41	1	-	10	18:34
Ilseburg/Markt	3.30	11:56	3:36	1	-	3	0:54	26.20	1:59:27	4:33	1	-	11	19:28