



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein
Number: 25

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:08:44

Speed: 12.12 km/h
Running performance: 4:55 min/km

Rank in course/Total: 31 (of 418)

Rank in course/Men: 29 (of 336)

Best time in course: 1:39:59

Rank in category: 3(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	16:10	4:53	4	1:13	36	4:10	3.30	16:10	4:53	4	1:13	36	4:10
Schlüsie	3.10	17:14	5:33	4	1:27	28	3:47	6.40	33:24	5:13	4	2:14	33	7:57
Hermannsklippe	2.60	15:10	5:49	3	1:38	31	3:22	9.00	48:34	5:23	4	3:52	30	11:19
Brocken	3.10	23:40	7:38	3	1:57	27	5:30	12.10	1:12:14	5:58	3	5:49	28	16:49
Eiserner Handwe	3.60	15:43	4:21	5	0:51	32	3:41	15.70	1:27:57	5:36	3	6:40	29	20:30
Schlüsie	4.10	14:54	3:38	8	0:39	37	3:22	19.80	1:42:51	5:11	4	6:47	32	23:52
Loddenke	3.10	12:17	3:57	2	0:50	16	2:19	22.90	1:55:08	5:01	3	7:37	21	26:11
Ilseburg/Markt	3.30	13:36	4:07	2	1:40	18	2:34	26.20	2:08:44	4:54	3	9:17	29	28:45