



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Lahm, Edwin

Club: Hannover 96
Number: 238

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:10:09

Speed: 11.99 km/h
Running performance: 4:58 min/km

Rank in course/Total: 33 (of 418)

Rank in course/Men: 31 (of 336)

Best time in course: 1:39:59

Rank in category: 1(of 54)

Best time in the category: 2:10:09

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	fehlt!	-	-	-	-	-	3.30	-	-	-	-	-	-
Schlüsie	3.10	34:28	11:07	53	16:14	332	21:01	6.40	34:28	5:23	1	-	40	9:01
Hermannsklippe	2.60	15:40	6:01	1	-	39	3:52	9.00	50:08	5:34	1	-	40	12:53
Brocken	3.10	23:51	7:41	1	-	29	5:41	12.10	1:13:59	6:06	1	-	34	18:34
Eiserner Handwe	3.60	15:11	4:13	1	-	22	3:09	15.70	1:29:10	5:40	1	-	33	21:43
Schlüsie	4.10	15:05	3:40	1	-	39	3:33	19.80	1:44:15	5:15	1	-	33	25:16
Loddenke	3.10	12:32	4:02	1	-	25	2:34	22.90	1:56:47	5:05	1	-	23	27:50
Ilseburg/Markt	3.30	13:22	4:03	1	-	15	2:20	26.20	2:10:09	4:58	1	-	31	30:10