



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Knauer, Daniel

Club: Brockenlaufverein
Number: 215

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:10:21

Speed: 12.06 km/h
Running performance: 4:59 min/km

Rank in course/Total: 34 (of 418)

Rank in course/Men: 32 (of 336)

Best time in course: 1:39:59

Rank in category: 5(of 60)

Best time in the category: 2:00:45

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	3	0:53	26	3:23	3.30	15:23	4:39	3	0:53	26	3:23
Schlüsie	3.10	17:19	5:35	4	1:44	31	3:52	6.40	32:42	5:06	4	2:37	29	7:15
Hermannsklippe	2.60	15:12	5:50	5	1:18	33	3:24	9.00	47:54	5:19	4	3:55	28	10:39
Brocken	3.10	24:41	7:57	6	1:55	35	6:31	12.10	1:12:35	5:59	5	5:44	30	17:10
Eiserner Handwe	3.60	15:26	4:17	3	1:07	26	3:24	15.70	1:28:01	5:36	5	5:27	32	20:34
Schlüsie	4.10	14:49	3:36	7	1:18	34	3:17	19.80	1:42:50	5:11	5	6:45	30	23:51
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	27:31	8:20	49	14:41	276	16:29	26.20	2:10:21	4:58	5	9:36	32	30:22