



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Cabak, Guido

Club: harzer teufel  
Number: 82

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:10:35

Speed: 11.95 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 36 (of 418)

Rank in course/Men: 34 (of 336)

Best time in course: 1:39:59

Rank in category: 9(of 50)

Best time in the category: 1:55:06

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	15:24	4:40	9	1:58	28	3:24	3.30	15:24	4:40	9	1:58	28	3:24
Schlüsie	3.10	17:21	5:35	10	2:01	32	3:54	6.40	32:45	5:07	9	3:59	30	7:18
Hermannsklippe	2.60	15:10	5:49	9	2:02	31	3:22	9.00	47:55	5:19	9	5:44	29	10:40
Brocken	3.10	23:53	7:42	8	3:00	30	5:43	12.10	1:11:48	5:56	9	7:53	27	16:23
Eiserner Handwe	3.60	15:52	4:24	9	2:13	34	3:50	15.70	1:27:40	5:35	9	9:23	28	20:13
Schlüsie	4.10	15:10	3:41	9	2:27	40	3:38	19.80	1:42:50	5:11	9	11:10	30	23:51
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	27:45	8:24	40	15:26	279	16:43	26.20	2:10:35	4:59	9	15:29	34	30:36