



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Rabe, Norman

Club: TSV 1900 Königshütte
Number: 321

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:12:49

Speed: 11.75 km/h
Running performance: 5:04 min/km

Rank in course/Total: 39 (of 418)

Rank in course/Men: 36 (of 336)

Best time in course: 1:39:59

Rank in category: 6(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	15:55	4:49	6	1:25	33	3:55	3.30	15:55	4:49	6	1:25	33	3:55
Schlüsie	3.10	17:45	5:43	10	2:10	41	4:18	6.40	33:40	5:15	7	3:35	36	8:13
Hermannsklippe	2.60	15:49	6:04	10	1:55	43	4:01	9.00	49:29	5:29	6	5:30	36	12:14
Brocken	3.10	26:09	8:26	9	3:23	54	7:59	12.10	1:15:38	6:15	8	8:47	40	20:13
Eiserner Handwe	3.60	15:55	4:25	5	1:36	35	3:53	15.70	1:31:33	5:49	6	8:59	38	24:06
Schlüsie	4.10	14:15	3:28	3	0:44	18	2:43	19.80	1:45:48	5:20	6	9:43	37	26:49
Loddenke	3.10	12:31	4:02	5	0:42	24	2:33	22.90	1:58:19	5:10	4	9:02	26	29:22
Ilseburg/Markt	3.30	14:30	4:23	7	1:40	41	3:28	26.20	2:12:49	5:04	6	12:04	36	32:50