



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Waldhaus, Uwe

Club: SV Werder Bremen
Number: 437

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:16:30

Speed: 11.52 km/h
Running performance: 5:13 min/km

Rank in course/Total: 51 (of 418)

Rank in course/Men: 45 (of 336)

Best time in course: 1:39:59

Rank in category: 10(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	16:10	4:53	11	2:44	36	4:10	3.30	16:10	4:53	11	2:44	36	4:10
Schlüsie	3.10	17:17	5:34	9	1:57	30	3:50	6.40	33:27	5:13	11	4:41	34	8:00
Hermannsklippe	2.60	15:38	6:00	10	2:30	38	3:50	9.00	49:05	5:27	11	6:54	34	11:50
Brocken	3.10	24:27	7:53	11	3:34	34	6:17	12.10	1:13:32	6:04	10	9:37	33	18:07
Eiserner Handwe	3.60	16:13	4:30	11	2:34	45	4:11	15.70	1:29:45	5:42	10	11:28	36	22:18
Schlüsie	4.10	16:03	3:54	16	3:20	67	4:31	19.80	1:45:48	5:20	10	14:08	37	26:49
Loddenke	3.10	13:57	4:30	15	2:51	71	3:59	22.90	1:59:45	5:13	7	16:59	27	30:48
Ilseburg/Markt	3.30	16:45	5:04	19	4:26	116	5:43	26.20	2:16:30	5:12	10	21:24	45	36:31