



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Kuba, Hans-Joachim

Club: A-Team Goslar
Number: 232

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:17:20

Speed: 11.45 km/h
Running performance: 5:14 min/km

Rank in course/Total: 52 (of 418)

Rank in course/Men: 46 (of 336)

Best time in course: 1:39:59

Rank in category: 2(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	18:13	5:31	13	1:29	111	6:13	3.30	18:13	5:31	13	1:29	111	6:13
Schlüsie	3.10	18:24	5:56	2	0:10	49	4:57	6.40	36:37	5:43	8	2:09	70	11:10
Hermannsklippe	2.60	15:59	6:08	3	0:19	47	4:11	9.00	52:36	5:50	4	2:28	58	15:21
Brocken	3.10	25:39	8:16	3	1:48	42	7:29	12.10	1:18:15	6:28	3	4:16	51	22:50
Eiserner Handwe	3.60	16:04	4:27	2	0:53	41	4:02	15.70	1:34:19	6:00	3	5:09	48	26:52
Schlüsie	4.10	15:26	3:45	2	0:21	48	3:54	19.80	1:49:45	5:32	3	5:30	47	30:46
Loddenke	3.10	12:58	4:10	2	0:26	39	3:00	22.90	2:02:43	5:21	3	5:56	34	33:46
Ilseburg/Markt	3.30	14:37	4:25	4	1:15	45	3:35	26.20	2:17:20	5:14	2	7:11	46	37:21