



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Bömeke, Alexander

Club: Duderstadt  
Number: 69

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:17:48

Speed: 11.32 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 54 (of 418)

Rank in course/Men: 48 (of 336)

Best time in course: 1:39:59

Rank in category: 11(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:29	4:41	10	2:03	30	3:29	3.30	15:29	4:41	10	2:03	30	3:29
Schlüsie	3.10	17:32	5:39	11	2:12	37	4:05	6.40	33:01	5:09	10	4:15	31	7:34
Hermannsklippe	2.60	15:51	6:05	11	2:43	45	4:03	9.00	48:52	5:25	10	6:41	32	11:37
Brocken	3.10	26:34	8:34	15	5:41	60	8:24	12.10	1:15:26	6:14	11	11:31	39	20:01
Eiserner Handwe	3.60	16:43	4:38	15	3:04	61	4:41	15.70	1:32:09	5:52	11	13:52	41	24:42
Schlüsie	4.10	15:42	3:49	13	2:59	55	4:10	19.80	1:47:51	5:26	11	16:11	39	28:52
Loddenke	3.10	14:04	4:32	18	2:58	78	4:06	22.90	2:01:55	5:19	8	19:09	32	32:58
Ilseburg/Markt	3.30	15:53	4:48	15	3:34	87	4:51	26.20	2:17:48	5:15	11	22:42	48	37:49