



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Junski, Dirk

Club: Hamburg
Number: 199

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:19:23

Speed: 11.19 km/h
Running performance: 5:19 min/km

Rank in course/Total: 60 (of 418)

Rank in course/Men: 54 (of 336)

Best time in course: 1:39:59

Rank in category: 11(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.	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	17:39	5:20	14	3:09	76	5:39	3.30	17:39	5:20	14	3:09	76	5:39	
Schlüsie	3.10	19:15	6:12	14	3:40	82	5:48	6.40	36:54	5:45	15	6:49	80	11:27	
Hermannsklippe	2.60	16:55	6:30	14	3:01	83	5:07	9.00	53:49	5:58	14	9:50	79	16:34	
Brocken	3.10	28:48	9:17	22	6:02	121	10:38	12.10	1:22:37	6:49	16	15:46	87	27:12	
Eiserner Handwe	3.60	16:20	4:32	8	2:01	50	4:18	15.70	1:38:57	6:18	13	16:23	75	31:30	
Schlüsie	4.10	14:29	3:31	4	0:58	23	2:57	19.80	1:53:26	5:43	12	17:21	62	34:27	
Loddenke	3.10	12:18	3:58	4	0:29	18	2:20	22.90	2:05:44	5:29	8	16:27	40	36:47	
Ilseburg/Markt	3.30	13:39	4:08	5	0:49	20	2:37	26.20	2:19:23	5:19	11	18:38	54	39:24	