



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Gerbens, Franz-Josef

Club: Maschsee-Sharks Hannover
Number: 135

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:20:05

Speed: 11.22 km/h
Running performance: 5:21 min/km

Rank in course/Total: 64 (of 418)

Rank in course/Men: 58 (of 336)

Best time in course: 1:39:59

Rank in category: 3(of 29)

Best time in the category: 2:11:24

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	17:24	5:16	4	0:53	63	5:24	3.30	17:24	5:16	4	0:53	63	5:24
Schlüsie	3.10	18:55	6:06	2	1:32	66	5:28	6.40	36:19	5:40	2	2:25	60	10:52
Hermannsklippe	2.60	16:31	6:21	2	1:23	62	4:43	9.00	52:50	5:52	2	3:48	62	15:35
Brocken	3.10	28:09	9:04	3	3:10	94	9:59	12.10	1:20:59	6:41	2	6:58	70	25:34
Eiserner Handwe	3.60	16:34	4:36	4	1:09	58	4:32	15.70	1:37:33	6:12	2	8:07	62	30:06
Schlüsie	4.10	15:49	3:51	4	1:27	59	4:17	19.80	1:53:22	5:43	3	9:06	61	34:23
Loddenke	3.10	12:33	4:02	2	0:01	27	2:35	22.90	2:05:55	5:29	2	9:07	41	36:58
Ilseburg/Markt	3.30	14:10	4:17	1	-	30	3:08	26.20	2:20:05	5:20	3	8:41	58	40:06