



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

**Heß, Torsten**

Club: LG Rippershausen  
Number: 171

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:20:36

Speed: 11.18 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 65 (of 418)

Rank in course/Men: 59 (of 336)

Best time in course: 1:39:59

Rank in category: 8(of 43)

Best time in the category: 1:59:27

| 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     | 16:40      | 5:03         | 5        | 1:43        | 43      | 4:40       | 3.30     | 16:40         | 5:03         | 5        | 1:43        | 43      | 4:40       |
| Schlüsie           | 3.10     | 19:18      | 6:13         | 8        | 3:31        | 85      | 5:51       | 6.40     | 35:58         | 5:37         | 7        | 4:48        | 55      | 10:31      |
| Hermannsklippe     | 2.60     | 17:13      | 6:37         | 10       | 3:41        | 93      | 5:25       | 9.00     | 53:11         | 5:54         | 8        | 8:29        | 68      | 15:56      |
| Brocken            | 3.10     | 29:28      | 9:30         | 17       | 7:45        | 139     | 11:18      | 12.10    | 1:22:39       | 6:49         | 10       | 16:14       | 89      | 27:14      |
| Eiserner Handwe    | 3.60     | 16:15      | 4:30         | 8        | 1:23        | 47      | 4:13       | 15.70    | 1:38:54       | 6:17         | 10       | 17:37       | 73      | 31:27      |
| Schlüsie           | 4.10     | 14:47      | 3:36         | 5        | 0:32        | 30      | 3:15       | 19.80    | 1:53:41       | 5:44         | 9        | 17:37       | 63      | 34:42      |
| Loddenke           | 3.10     | 12:36      | 4:03         | 4        | 1:09        | 29      | 2:38       | 22.90    | 2:06:17       | 5:30         | 7        | 18:46       | 43      | 37:20      |
| Ilseburg/Markt     | 3.30     | 14:19      | 4:20         | 7        | 2:23        | 38      | 3:17       | 26.20    | 2:20:36       | 5:21         | 8        | 21:09       | 59      | 40:37      |