



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Lehmann, Alexander

Club: TUS Elbingerode  
Number: 247

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:21:07

Speed: 11.14 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 66 (of 418)

Rank in course/Men: 60 (of 336)

Best time in course: 1:39:59

Rank in category: 7(of 22)

Best time in the category: 1:39:59

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	17:58	5:26	8	5:58	90	5:58	3.30	17:58	5:26	8	5:58	90	5:58
Schlüsie	3.10	18:31	5:58	6	5:04	52	5:04	6.40	36:29	5:42	7	11:02	65	11:02
Hermannsklippe	2.60	15:57	6:08	7	4:09	46	4:09	9.00	52:26	5:49	6	15:11	55	15:11
Brocken	3.10	26:23	8:30	7	8:13	57	8:13	12.10	1:18:49	6:30	7	23:24	53	23:24
Eiserner Handwe	3.60	17:02	4:43	7	5:00	70	5:00	15.70	1:35:51	6:06	7	28:24	54	28:24
Schlüsie	4.10	16:11	3:56	8	4:39	79	4:39	19.80	1:52:02	5:39	7	33:03	56	33:03
Loddenke	3.10	13:58	4:30	4	4:00	72	4:00	22.90	2:06:00	5:30	3	37:03	42	37:03
Ilseburg/Markt	3.30	15:07	4:34	3	4:05	61	4:05	26.20	2:21:07	5:23	7	41:08	60	41:08