



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Loeser, Sascha

Club: Niedergörsdorf
Number: 254

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:21:29

Speed: 11.03 km/h
Running performance: 5:24 min/km

Rank in course/Total: 69 (of 418)

Rank in course/Men: 63 (of 336)

Best time in course: 1:39:59

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:20	4:56	12	2:54	38	4:20	3.30	16:20	4:56	12	2:54	38	4:20
Schlüsie	3.10	18:28	5:57	12	3:08	50	5:01	6.40	34:48	5:26	12	6:02	42	9:21
Hermannsklippe	2.60	16:29	6:20	15	3:21	61	4:41	9.00	51:17	5:41	12	9:06	45	14:02
Brocken	3.10	26:00	8:23	14	5:07	50	7:50	12.10	1:17:17	6:23	13	13:22	47	21:52
Eiserner Handwe	3.60	17:17	4:48	16	3:38	79	5:15	15.70	1:34:34	6:01	13	16:17	49	27:07
Schlüsie	4.10	17:07	4:10	21	4:24	112	5:35	19.80	1:51:41	5:38	16	20:01	54	32:42
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	29:48	9:01	43	17:29	291	18:46	26.20	2:21:29	5:24	16	26:23	63	41:30