



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Wiggers, Bernd

Club: Sport-Club Itzehoe  
Number: 450

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:23:02

Speed: 10.91 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 73 (of 418)

Rank in course/Men: 67 (of 336)

Best time in course: 1:39:59

Rank in category: 10(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	17:14	5:13	8	2:17	55	5:14	3.30	17:14	5:13	8	2:17	55	5:14
Schlüsie	3.10	19:34	6:18	9	3:47	101	6:07	6.40	36:48	5:44	11	5:38	77	11:21
Hermannsklippe	2.60	17:28	6:43	12	3:56	107	5:40	9.00	54:16	6:01	11	9:34	87	17:01
Brocken	3.10	29:04	9:22	15	7:21	125	10:54	12.10	1:23:20	6:53	11	16:55	98	27:55
Eiserner Handwe	3.60	16:58	4:42	9	2:06	66	4:56	15.70	1:40:18	6:23	11	19:01	90	32:51
Schlüsie	4.10	15:11	3:42	9	0:56	42	3:39	19.80	1:55:29	5:49	11	19:25	75	36:30
Loddenke	3.10	12:47	4:07	8	1:20	38	2:49	22.90	2:08:16	5:36	10	20:45	51	39:19
Ilseburg/Markt	3.30	14:46	4:28	8	2:50	46	3:44	26.20	2:23:02	5:27	10	23:35	67	43:03