



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Matthiesen, Erik

Club: VLS

Number: 7

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:23:06

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 74 (of 418)

Rank in course/Men: 68 (of 336)

Best time in course: 1:39:59

Rank in category: 5(of 54)

Best time in the category: 2:10:09

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	16:44	5:04	1	-	46	4:44	3.30	16:44	5:04	1	-	46	4:44
Schlüsie	3.10	18:54	6:05	4	0:40	64	5:27	6.40	35:38	5:34	3	1:10	51	10:11
Hermannsklippe	2.60	16:32	6:21	5	0:52	63	4:44	9.00	52:10	5:47	3	2:02	54	14:55
Brocken	3.10	26:57	8:41	5	3:06	66	8:47	12.10	1:19:07	6:32	4	5:08	56	23:42
Eiserner Handwe	3.60	16:46	4:39	4	1:35	62	4:44	15.70	1:35:53	6:06	4	6:43	55	28:26
Schlüsie	4.10	16:05	3:55	5	1:00	70	4:33	19.80	1:51:58	5:39	4	7:43	55	32:59
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	31:08	9:26	52	17:46	302	20:06	26.20	2:23:06	5:27	5	12:57	68	43:07