



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Kostrewa, Bruno

Club: Delligser SC  
Number: 221

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:23:55

Speed: 10.92 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 79 (of 418)

Rank in course/Men: 72 (of 336)

Best time in course: 1:39:59

Rank in category: 4(of 29)

Best time in the category: 2:11:24

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	18:01	5:27	7	1:30	93	6:01	3.30	18:01	5:27	7	1:30	93	6:01
Schlüsie	3.10	19:11	6:11	4	1:48	79	5:44	6.40	37:12	5:48	6	3:18	88	11:45
Hermannsklippe	2.60	16:46	6:26	3	1:38	74	4:58	9.00	53:58	5:59	4	4:56	84	16:43
Brocken	3.10	28:07	9:04	2	3:08	93	9:57	12.10	1:22:05	6:47	3	8:04	81	26:40
Eiserner Handwe	3.60	17:20	4:48	7	1:55	81	5:18	15.70	1:39:25	6:19	4	9:59	82	31:58
Schlüsie	4.10	16:10	3:56	5	1:48	77	4:38	19.80	1:55:35	5:50	4	11:19	76	36:36
Loddenke	3.10	13:17	4:17	4	0:45	46	3:19	22.90	2:08:52	5:37	3	12:04	53	39:55
Ilseburg/Markt	3.30	15:03	4:33	5	0:53	59	4:01	26.20	2:23:55	5:29	4	12:31	72	43:56