



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Jost, Steffen

Club: Duisburger Trinkhallenprominenz e. V.
Number: 195

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:24:28

Speed: 10.88 km/h
Running performance: 5:31 min/km

Rank in course/Total: 81 (of 418)

Rank in course/Men: 74 (of 336)

Best time in course: 1:39:59

Rank in category: 11(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	16:53	5:06	6	1:56	48	4:53	3.30	16:53	5:06	6	1:56	48	4:53
Schlüsie	3.10	18:48	6:03	6	3:01	61	5:21	6.40	35:41	5:34	6	4:31	52	10:14
Hermannsklippe	2.60	16:25	6:18	7	2:53	56	4:37	9.00	52:06	5:47	6	7:24	53	14:51
Brocken	3.10	25:54	8:21	5	4:11	49	7:44	12.10	1:18:00	6:26	6	11:35	50	22:35
Eiserner Handwe	3.60	18:23	5:06	15	3:31	124	6:21	15.70	1:36:23	6:08	6	15:06	57	28:56
Schlüsie	4.10	16:57	4:08	14	2:42	104	5:25	19.80	1:53:20	5:43	7	17:16	59	34:21
Loddenke	3.10	14:15	4:35	11	2:48	82	4:17	22.90	2:07:35	5:34	9	20:04	49	38:38
Ilseburg/Markt	3.30	16:53	5:06	17	4:57	122	5:51	26.20	2:24:28	5:30	11	25:01	74	44:29