



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Samp, Alexander

Club: Whiskey Running Team
Number: 9

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:24:31

Speed: 10.79 km/h
Running performance: 5:31 min/km

Rank in course/Total: 82 (of 418)

Rank in course/Men: 75 (of 336)

Best time in course: 1:39:59

Rank in category: 13(of 60)

Best time in the category: 2:00:45

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	17	3:31	93	6:01	3.30	18:01	5:27	17	3:31	93	6:01
Schlüsie	3.10	19:35	6:19	18	4:00	103	6:08	6.40	37:36	5:52	18	7:31	102	12:09
Hermannsklippe	2.60	17:18	6:39	16	3:24	99	5:30	9.00	54:54	6:05	16	10:55	100	17:39
Brocken	3.10	27:39	8:55	16	4:53	84	9:29	12.10	1:22:33	6:49	15	15:42	86	27:08
Eiserner Handwe	3.60	16:48	4:40	12	2:29	63	4:46	15.70	1:39:21	6:19	14	16:47	81	31:54
Schlüsie	4.10	16:34	4:02	17	3:03	92	5:02	19.80	1:55:55	5:51	13	19:50	80	36:56
Loddenke	3.10	13:49	4:27	11	2:00	66	3:51	22.90	2:09:44	5:39	10	20:27	56	40:47
Ilseburg/Markt	3.30	14:47	4:28	10	1:57	47	3:45	26.20	2:24:31	5:30	13	23:46	75	44:32