



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

### Stöwesand, Frank

Club: L.T. Isenhagener Land  
Number: 399

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:24:33

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

Rank in course/Total: 84 (of 418)

Rank in course/Men: 77 (of 336)

Best time in course: 1:39:59

Rank in category: 5(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	17:38	5:20	6	1:07	74	5:38	3.30	17:38	5:20	6	1:07	74	5:38
Schlüsie	3.10	19:28	6:16	5	2:05	91	6:01	6.40	37:06	5:47	4	3:12	84	11:39
Hermannsklippe	2.60	17:25	6:41	5	2:17	104	5:37	9.00	54:31	6:03	5	5:29	93	17:16
Brocken	3.10	28:23	9:09	4	3:24	104	10:13	12.10	1:22:54	6:51	4	8:53	91	27:29
Eiserner Handwe	3.60	17:17	4:48	6	1:52	79	5:15	15.70	1:40:11	6:22	5	10:45	89	32:44
Schlüsie	4.10	16:40	4:03	8	2:18	97	5:08	19.80	1:56:51	5:54	5	12:35	91	37:52
Loddenke	3.10	13:13	4:15	3	0:41	45	3:15	22.90	2:10:04	5:40	4	13:16	61	41:07
Ilseburg/Markt	3.30	14:29	4:23	2	0:19	40	3:27	26.20	2:24:33	5:31	5	13:09	77	44:34