



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Harbart, Bernd

Club: Road Runners Holtensen
Number: 13

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:25:05

Speed: 10.84 km/h
Running performance: 5:32 min/km

Rank in course/Total: 88 (of 418)

Rank in course/Men: 81 (of 336)

Best time in course: 1:39:59

Rank in category: 12(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	18:07	5:29	14	3:10	105	6:07	3.30	18:07	5:29	14	3:10	105	6:07
Schlüsie	3.10	19:34	6:18	9	3:47	101	6:07	6.40	37:41	5:53	12	6:31	106	12:14
Hermannsklippe	2.60	17:12	6:36	9	3:40	92	5:24	9.00	54:53	6:05	12	10:11	98	17:38
Brocken	3.10	28:29	9:11	14	6:46	109	10:19	12.10	1:23:22	6:53	12	16:57	99	27:57
Eiserner Handwe	3.60	17:24	4:49	11	2:32	84	5:22	15.70	1:40:46	6:25	12	19:29	95	33:19
Schlüsie	4.10	16:03	3:54	10	1:48	67	4:31	19.80	1:56:49	5:53	12	20:45	90	37:50
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	28:16	8:33	36	16:20	283	17:14	26.20	2:25:05	5:32	12	25:38	81	45:06