



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Kräher, Benjamin

Club: BOR epic racing
Number: 223

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:25:10

Speed: 10.75 km/h
Running performance: 5:32 min/km

Rank in course/Total: 90 (of 418)

Rank in course/Men: 83 (of 336)

Best time in course: 1:39:59

Rank in category: 12(of 29)

Best time in the category: 1:55:18

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	18:28	5:35	16	4:50	131	6:28	3.30	18:28	5:35	16	4:50	131	6:28
Schlüsie	3.10	19:04	6:09	12	3:39	73	5:37	6.40	37:32	5:51	14	7:56	100	12:05
Hermannsklippe	2.60	16:45	6:26	12	3:08	72	4:57	9.00	54:17	6:01	13	10:40	90	17:02
Brocken	3.10	26:11	8:26	11	5:12	55	8:01	12.10	1:20:28	6:39	10	14:47	66	25:03
Eiserner Handwe	3.60	18:40	5:11	15	5:37	141	6:38	15.70	1:39:08	6:18	11	19:04	77	31:41
Schlüsie	4.10	17:30	4:16	14	4:45	126	5:58	19.80	1:56:38	5:53	12	23:49	85	37:39
Loddenke	3.10	14:31	4:40	8	2:54	91	4:33	22.90	2:11:09	5:43	8	23:39	66	42:12
Ilseburg/Markt	3.30	14:01	4:14	6	1:00	29	2:59	26.20	2:25:10	5:32	12	29:52	83	45:11