



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Nehrig, Jörg

Club: Eisenacher LV
Number: 286

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:26:33

Speed: 10.64 km/h
Running performance: 5:35 min/km

Rank in course/Total: 96 (of 418)

Rank in course/Men: 87 (of 336)

Best time in course: 1:39:59

Rank in category: 9(of 54)

Best time in the category: 2:10:09

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	17:29	5:17	4	0:45	68	5:29	3.30	17:29	5:17	4	0:45	68	5:29
Schlüsie	3.10	18:56	6:06	5	0:42	68	5:29	6.40	36:25	5:41	5	1:57	62	10:58
Hermannsklippe	2.60	16:44	6:26	8	1:04	71	4:56	9.00	53:09	5:54	7	3:01	66	15:54
Brocken	3.10	28:45	9:16	15	4:54	120	10:35	12.10	1:21:54	6:46	9	7:55	79	26:29
Eiserner Handwe	3.60	17:58	4:59	15	2:47	106	5:56	15.70	1:39:52	6:21	9	10:42	85	32:25
Schlüsie	4.10	17:13	4:11	16	2:08	118	5:41	19.80	1:57:05	5:54	11	12:50	92	38:06
Loddenke	3.10	14:03	4:31	9	1:31	74	4:05	22.90	2:11:08	5:43	8	14:21	65	42:11
Ilseburg/Markt	3.30	15:25	4:40	12	2:03	74	4:23	26.20	2:26:33	5:35	9	16:24	87	46:34