



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Back, Marco

Club: TuS Amelunxen
Number: 470

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:36

Speed: 10.64 km/h
Running performance: 5:36 min/km

Rank in course/Total: 97 (of 418)

Rank in course/Men: 88 (of 336)

Best time in course: 1:39:59

Rank in category: 15(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	18:19	5:33	22	3:49	119	6:19	3.30	18:19	5:33	22	3:49	119	6:19
Schlüsie	3.10	19:12	6:11	13	3:37	80	5:45	6.40	37:31	5:51	17	7:26	99	12:04
Hermannsklippe	2.60	17:29	6:43	19	3:35	110	5:41	9.00	55:00	6:06	17	11:01	105	17:45
Brocken	3.10	32:01	10:19	34	9:15	209	13:51	12.10	1:27:01	7:11	22	20:10	135	31:36
Eiserner Handwe	3.60	16:19	4:31	7	2:00	49	4:17	15.70	1:43:20	6:34	20	20:46	115	35:53
Schlüsie	4.10	15:44	3:50	10	2:13	56	4:12	19.80	1:59:04	6:00	18	22:59	101	40:05
Loddenke	3.10	13:00	4:11	7	1:11	40	3:02	22.90	2:12:04	5:46	12	22:47	70	43:07
Ilseburg/Markt	3.30	14:32	4:24	9	1:42	43	3:30	26.20	2:26:36	5:35	15	25:51	88	46:37