



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

**Niederprüm, Martin**

Club: Wuppertal  
Number: 289

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:27:49

Speed: 10.55 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 104 (of 418)

Rank in course/Men: 95 (of 336)

Best time in course: 1:39:59

Rank in category: 13(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	18:11	5:30	15	3:14	107	6:11	3.30	18:11	5:30	15	3:14	107	6:11
Schlüsie	3.10	20:31	6:37	17	4:44	144	7:04	6.40	38:42	6:02	15	7:32	132	13:15
Hermannsklippe	2.60	18:15	7:01	18	4:43	145	6:27	9.00	56:57	6:19	15	12:15	132	19:42
Brocken	3.10	28:10	9:05	12	6:27	97	10:00	12.10	1:25:07	7:02	15	18:42	118	29:42
Eiserner Handwe	3.60	17:41	4:54	12	2:49	97	5:39	15.70	1:42:48	6:32	15	21:31	113	35:21
Schlüsie	4.10	16:19	3:58	12	2:04	82	4:47	19.80	1:59:07	6:00	14	23:03	102	40:08
Loddenke	3.10	13:42	4:25	10	2:15	62	3:44	22.90	2:12:49	5:47	12	25:18	71	43:52
Ilseburg/Markt	3.30	15:00	4:32	9	3:04	56	3:58	26.20	2:27:49	5:38	13	28:22	95	47:50