



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Cherek, Uwe

Club: Crossroadrunner Hamburg
Number: 31

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:28:22

Speed: 10.51 km/h
Running performance: 5:40 min/km

Rank in course/Total: 108 (of 418)

Rank in course/Men: 98 (of 336)

Best time in course: 1:39:59

Rank in category: 14(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	17:06	5:10	7	2:09	53	5:06	3.30	17:06	5:10	7	2:09	53	5:06
Schlüsie	3.10	19:39	6:20	11	3:52	104	6:12	6.40	36:45	5:44	10	5:35	75	11:18
Hermannsklippe	2.60	17:19	6:39	11	3:47	101	5:31	9.00	54:04	6:00	10	9:22	85	16:49
Brocken	3.10	29:21	9:28	16	7:38	134	11:11	12.10	1:23:25	6:53	13	17:00	102	28:00
Eiserner Handwe	3.60	17:53	4:58	13	3:01	104	5:51	15.70	1:41:18	6:27	13	20:01	98	33:51
Schlüsie	4.10	16:06	3:55	11	1:51	71	4:34	19.80	1:57:24	5:55	13	21:20	94	38:25
Loddenke	3.10	14:23	4:38	12	2:56	86	4:25	22.90	2:11:47	5:45	11	24:16	69	42:50
Ilseburg/Markt	3.30	16:35	5:01	13	4:39	108	5:33	26.20	2:28:22	5:39	14	28:55	98	48:23