



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Heinrich, Uwe

Club: Hannover
Number: 163

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:28:28

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

Rank in course/Total: 109 (of 418)

Rank in course/Men: 99 (of 336)

Best time in course: 1:39:59

Rank in category: 3(of 19)

Best time in the category: 2:24:41

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	18:04	5:28	2	0:36	100	6:04	3.30	18:04	5:28	2	0:36	100	6:04
Schlüsie	3.10	19:45	6:22	3	0:18	110	6:18	6.40	37:49	5:54	3	0:53	109	12:22
Hermannsklippe	2.60	17:10	6:36	1	-	91	5:22	9.00	54:59	6:06	3	0:33	103	17:44
Brocken	3.10	28:24	9:09	2	0:25	106	10:14	12.10	1:23:23	6:53	3	0:32	100	27:58
Eiserner Handwe	3.60	18:19	5:05	5	1:20	122	6:17	15.70	1:41:42	6:28	3	1:52	101	34:15
Schlüsie	4.10	17:35	4:17	6	1:33	134	6:03	19.80	1:59:17	6:01	3	3:19	105	40:18
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	29:11	8:50	17	14:04	289	18:09	26.20	2:28:28	5:40	3	3:47	99	48:29