



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Pohl, Marian

Club: Nix tun kann JEDER
Number: 307

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:29:13

Speed: 10.54 km/h
Running performance: 5:42 min/km

Rank in course/Total: 114 (of 418)

Rank in course/Men: 102 (of 336)

Best time in course: 1:39:59

Rank in category: 21(of 50)

Best time in the category: 1:55:06

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	17:02	5:09	15	3:36	51	5:02	3.30	17:02	5:09	15	3:36	51	5:02
Schlüsie	3.10	18:56	6:06	18	3:36	68	5:29	6.40	35:58	5:37	14	7:12	55	10:31
Hermannsklippe	2.60	16:53	6:29	19	3:45	81	5:05	9.00	52:51	5:52	15	10:40	63	15:36
Brocken	3.10	27:37	8:54	21	6:44	83	9:27	12.10	1:20:28	6:39	17	16:33	66	25:03
Eiserner Handwe	3.60	18:42	5:11	28	5:03	143	6:40	15.70	1:39:10	6:18	18	20:53	78	31:43
Schlüsie	4.10	17:28	4:15	24	4:45	124	5:56	19.80	1:56:38	5:53	18	24:58	85	37:39
Loddenke	3.10	14:35	4:42	19	3:29	96	4:37	22.90	2:11:13	5:43	13	28:27	67	42:16
Ilseburg/Markt	3.30	18:00	5:27	26	5:41	160	6:58	26.20	2:29:13	5:41	21	34:07	102	49:14