



# 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: 10.45 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      |