



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Rösner, Henning

Club: Darkrun
Number: 339

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:30:33

Speed: 10.36 km/h
Running performance: 5:45 min/km

Rank in course/Total: 119 (of 418)

Rank in course/Men: 107 (of 336)

Best time in course: 1:39:59

Rank in category: 17(of 60)

Best time in the category: 2:00:45

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	18:32	5:36	25	4:02	136	6:32	3.30	18:32	5:36	25	4:02	136	6:32
Schlüsie	3.10	20:04	6:28	21	4:29	124	6:37	6.40	38:36	6:01	22	8:31	130	13:09
Hermannsklippe	2.60	17:54	6:53	24	4:00	130	6:06	9.00	56:30	6:16	22	12:31	128	19:15
Brocken	3.10	28:09	9:04	17	5:23	94	9:59	12.10	1:24:39	6:59	19	17:48	117	29:14
Eiserner Handwe	3.60	18:09	5:02	23	3:50	116	6:07	15.70	1:42:48	6:32	19	20:14	113	35:21
Schlüsie	4.10	17:30	4:16	24	3:59	126	5:58	19.80	2:00:18	6:04	19	24:13	110	41:19
Loddenke	3.10	14:28	4:40	15	2:39	89	4:30	22.90	2:14:46	5:53	14	25:29	79	45:49
Ilseburg/Markt	3.30	15:47	4:46	12	2:57	83	4:45	26.20	2:30:33	5:44	17	29:48	107	50:34