



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Zeyn, Frank

Club: Hannover Runners e.V.
Number: 313

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:31:00

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 123 (of 418)

Rank in course/Men: 110 (of 336)

Best time in course: 1:39:59

Rank in category: 15(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	18:13	5:31	16	3:16	111	6:13	3.30	18:13	5:31	16	3:16	111	6:13
Schlüsie	3.10	20:15	6:31	13	4:28	129	6:48	6.40	38:28	6:00	14	7:18	128	13:01
Hermannsklippe	2.60	17:46	6:49	15	4:14	119	5:58	9.00	56:14	6:14	14	11:32	119	18:59
Brocken	3.10	27:58	9:01	10	6:15	88	9:48	12.10	1:24:12	6:57	14	17:47	111	28:47
Eiserner Handwe	3.60	18:34	5:09	18	3:42	133	6:32	15.70	1:42:46	6:32	14	21:29	111	35:19
Schlüsie	4.10	16:53	4:07	13	2:38	101	5:21	19.80	1:59:39	6:02	15	23:35	107	40:40
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	31:21	9:30	37	19:25	304	20:19	26.20	2:31:00	5:45	15	31:33	110	51:01