



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

### Ruhe, Steffen

Club: Team bevegt  
Number: 344

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:31:45

Speed: 10.36 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 128 (of 418)

Rank in course/Men: 115 (of 336)

Best time in course: 1:39:59

Rank in category: 21(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	18:18	5:32	20	3:48	116	6:18	3.30	18:18	5:32	20	3:48	116	6:18
Schlüsie	3.10	19:29	6:17	17	3:54	93	6:02	6.40	37:47	5:54	19	7:42	108	12:20
Hermannsklippe	2.60	17:13	6:37	15	3:19	93	5:25	9.00	55:00	6:06	17	11:01	105	17:45
Brocken	3.10	28:16	9:07	19	5:30	101	10:06	12.10	1:23:16	6:52	18	16:25	97	27:51
Eiserner Handwe	3.60	17:26	4:50	16	3:07	87	5:24	15.70	1:40:42	6:24	18	18:08	94	33:15
Schlüsie	4.10	17:06	4:10	21	3:35	110	5:34	19.80	1:57:48	5:56	17	21:43	95	38:49
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	33:57	10:17	54	21:07	316	22:55	26.20	2:31:45	5:47	21	31:00	115	51:46