



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Meyer, Stephan

Club: Springe
Number: 276

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:31:47

Speed: 10.28 km/h
Running performance: 5:47 min/km

Rank in course/Total: 129 (of 418)

Rank in course/Men: 116 (of 336)

Best time in course: 1:39:59

Rank in category: 14(of 54)

Best time in the category: 2:10:09

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	19:17	5:50	23	2:33	162	7:17	3.30	19:17	5:50	23	2:33	162	7:17
Schlüsie	3.10	19:48	6:23	13	1:34	112	6:21	6.40	39:05	6:06	18	4:37	136	13:38
Hermannsklippe	2.60	18:15	7:01	17	2:35	145	6:27	9.00	57:20	6:22	18	7:12	137	20:05
Brocken	3.10	28:38	9:14	14	4:47	115	10:28	12.10	1:25:58	7:06	16	11:59	123	30:33
Eiserner Handwe	3.60	18:44	5:12	19	3:33	144	6:42	15.70	1:44:42	6:40	14	15:32	127	37:15
Schlüsie	4.10	17:38	4:18	19	2:33	137	6:06	19.80	2:02:20	6:10	15	18:05	124	43:21
Loddenke	3.10	14:03	4:31	9	1:31	74	4:05	22.90	2:16:23	5:57	9	19:36	84	47:26
Ilseburg/Markt	3.30	15:24	4:40	11	2:02	71	4:22	26.20	2:31:47	5:47	14	21:38	116	51:48