



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Norden, Mark

Club: BSG Schleswig-Holstein Netz
Number: 291

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:31:50

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 130 (of 418)

Rank in course/Men: 117 (of 336)

Best time in course: 1:39:59

Rank in category: 15(of 29)

Best time in the category: 1:55:18

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	16:01	4:51	7	2:23	35	4:01	3.30	16:01	4:51	7	2:23	35	4:01
Schlüsie	3.10	19:02	6:08	11	3:37	72	5:35	6.40	35:03	5:28	7	5:27	43	9:36
Hermannsklippe	2.60	16:45	6:26	12	3:08	72	4:57	9.00	51:48	5:45	10	8:11	50	14:33
Brocken	3.10	29:58	9:39	20	8:59	155	11:48	12.10	1:21:46	6:45	13	16:05	77	26:21
Eiserner Handwe	3.60	20:15	5:37	23	7:12	204	8:13	15.70	1:42:01	6:29	15	21:57	103	34:34
Schlüsie	4.10	18:43	4:33	23	5:58	187	7:11	19.80	2:00:44	6:05	15	27:55	113	41:45
Loddenke	3.10	15:04	4:51	14	3:27	115	5:06	22.90	2:15:48	5:55	12	28:18	82	46:51
Ilseburg/Markt	3.30	16:02	4:51	12	3:01	90	5:00	26.20	2:31:50	5:47	15	36:32	117	51:51