



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Østergaard, John

Club: VLS

Number: 23

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:32:39

Speed: 10.30 km/h

Running performance: 5:50 min/km

Rank in course/Total: 136 (of 418)

Rank in course/Men: 122 (of 336)

Best time in course: 1:39:59

Rank in category: 15(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	18:00	5:27	10	1:16	92	6:00	3.30	18:00	5:27	10	1:16	92	6:00
Schlüsie	3.10	20:25	6:35	16	2:11	139	6:58	6.40	38:25	6:00	16	3:57	126	12:58
Hermannsklippe	2.60	18:47	7:13	22	3:07	169	6:59	9.00	57:12	6:21	17	7:04	136	19:57
Brocken	3.10	31:35	10:11	26	7:44	199	13:25	12.10	1:28:47	7:20	20	14:48	155	33:22
Eiserner Handwe	3.60	18:36	5:10	16	3:25	136	6:34	15.70	1:47:23	6:50	19	18:13	148	39:56
Schlüsie	4.10	17:06	4:10	12	2:01	110	5:34	19.80	2:04:29	6:17	19	20:14	145	45:30
Loddenke	3.10	13:19	4:17	5	0:47	48	3:21	22.90	2:17:48	6:01	11	21:01	96	48:51
Ilseburg/Markt	3.30	14:51	4:30	5	1:29	48	3:49	26.20	2:32:39	5:49	15	22:30	122	52:40