



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Grillot, Jonathan

Club: Celle  
Number: 144

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:33:03

Speed: 10.19 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 139 (of 418)

Rank in course/Men: 125 (of 336)

Best time in course: 1:39:59

Rank in category: 16(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	18:33	5:37	18	4:55	137	6:33	3.30	18:33	5:37	18	4:55	137	6:33
Schlüsie	3.10	19:44	6:21	16	4:19	109	6:17	6.40	38:17	5:58	16	8:41	121	12:50
Hermannsklippe	2.60	16:40	6:24	11	3:03	67	4:52	9.00	54:57	6:06	15	11:20	102	17:42
Brocken	3.10	26:38	8:35	12	5:39	62	8:28	12.10	1:21:35	6:44	11	15:54	75	26:10
Eiserner Handwe	3.60	18:59	5:16	17	5:56	152	6:57	15.70	1:40:34	6:24	13	20:30	93	33:07
Schlüsie	4.10	18:42	4:33	22	5:57	186	7:10	19.80	1:59:16	6:01	14	26:27	104	40:17
Loddenke	3.10	15:41	5:03	17	4:04	144	5:43	22.90	2:14:57	5:53	10	27:27	80	46:00
Ilseburg/Markt	3.30	18:06	5:29	18	5:05	163	7:04	26.20	2:33:03	5:50	16	37:45	125	53:04