



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Henk, Sascha

Club: LT Windhagen  
Number: 169

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:33:58

Speed: 10.13 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 148 (of 418)

Rank in course/Men: 134 (of 336)

Best time in course: 1:39:59

Rank in category: 24(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	19:48	6:23	19	4:13	112	6:21	6.40	38:06	5:57	20	8:01	114	12:39
Hermannsklippe	2.60	17:51	6:51	23	3:57	127	6:03	9.00	55:57	6:13	20	11:58	116	18:42
Brocken	3.10	30:48	9:56	29	8:02	177	12:38	12.10	1:26:45	7:10	21	19:54	132	31:20
Eiserner Handwe	3.60	18:06	5:01	22	3:47	114	6:04	15.70	1:44:51	6:40	22	22:17	128	37:24
Schlüsie	4.10	17:43	4:19	25	4:12	143	6:11	19.80	2:02:34	6:11	23	26:29	128	43:35
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	31:24	9:30	53	18:34	305	20:22	26.20	2:33:58	5:52	24	33:13	134	53:59