



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Maier, Frank

Club: Schwanewede
Number: 260

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:34:25

Speed: 10.10 km/h
Running performance: 5:53 min/km

Rank in course/Total: 151 (of 418)

Rank in course/Men: 137 (of 336)

Best time in course: 1:39:59

Rank in category: 16(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	19:52	6:01	27	3:08	192	7:52	3.30	19:52	6:01	27	3:08	192	7:52
Schlüsie	3.10	21:23	6:53	25	3:09	191	7:56	6.40	41:15	6:26	27	6:47	187	15:48
Hermannsklippe	2.60	19:18	7:25	27	3:38	205	7:30	9.00	1:00:33	6:43	26	10:25	194	23:18
Brocken	3.10	31:51	10:16	27	8:00	202	13:41	12.10	1:32:24	7:38	27	18:25	200	36:59
Eiserner Handwe	3.60	16:22	4:32	3	1:11	53	4:20	15.70	1:48:46	6:55	23	19:36	161	41:19
Schlüsie	4.10	17:07	4:10	13	2:02	112	5:35	19.80	2:05:53	6:21	22	21:38	153	46:54
Loddenke	3.10	13:35	4:22	8	1:03	57	3:37	22.90	2:19:28	6:05	16	22:41	109	50:31
Ilseburg/Markt	3.30	14:57	4:31	7	1:35	52	3:55	26.20	2:34:25	5:53	16	24:16	137	54:26