



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

### Paschke, Holger

Club: Magdeburg  
Number: 298

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:35:25

Speed: 10.04 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 157 (of 418)

Rank in course/Men: 142 (of 336)

Best time in course: 1:39:59

Rank in category: 19(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	18:25	5:34	16	1:41	124	6:25	3.30	18:25	5:34	16	1:41	124	6:25
Schlüsie	3.10	19:43	6:21	12	1:29	108	6:16	6.40	38:08	5:57	14	3:40	117	12:41
Hermannsklippe	2.60	17:14	6:37	12	1:34	95	5:26	9.00	55:22	6:09	13	5:14	109	18:07
Brocken	3.10	28:25	9:09	11	4:34	107	10:15	12.10	1:23:47	6:55	12	9:48	106	28:22
Eiserner Handwe	3.60	21:55	6:05	39	6:44	261	9:53	15.70	1:45:42	6:43	17	16:32	137	38:15
Schlüsie	4.10	17:53	4:21	21	2:48	150	6:21	19.80	2:03:35	6:14	16	19:20	134	44:36
Loddenke	3.10	15:16	4:55	17	2:44	127	5:18	22.90	2:18:51	6:03	13	22:04	102	49:54
Ilseburg/Markt	3.30	16:34	5:01	17	3:12	107	5:32	26.20	2:35:25	5:55	19	25:16	142	55:26