



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Dittrich, Frank

Club: NIX tun kann JEDER
Number: 97

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:35:54

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 160 (of 418)

Rank in course/Men: 145 (of 336)

Best time in course: 1:39:59

Rank in category: 22(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	17:38	5:20	7	0:54	74	5:38	3.30	17:38	5:20	7	0:54	74	5:38
Schlüsie	3.10	20:18	6:32	15	2:04	132	6:51	6.40	37:56	5:55	12	3:28	112	12:29
Hermannsklippe	2.60	18:33	7:08	19	2:53	160	6:45	9.00	56:29	6:16	14	6:21	126	19:14
Brocken	3.10	29:04	9:22	17	5:13	125	10:54	12.10	1:25:33	7:04	15	11:34	122	30:08
Eiserner Handwe	3.60	19:44	5:28	25	4:33	179	7:42	15.70	1:45:17	6:42	16	16:07	134	37:50
Schlüsie	4.10	18:25	4:29	26	3:20	169	6:53	19.80	2:03:42	6:14	17	19:27	135	44:43
Loddenke	3.10	15:34	5:01	20	3:02	137	5:36	22.90	2:19:16	6:04	14	22:29	104	50:19
Ilseburg/Markt	3.30	16:38	5:02	18	3:16	111	5:36	26.20	2:35:54	5:57	22	25:45	145	55:55