



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Rehbock, Volker

Club: Bad Nenndorf
Number: 323

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:37:20

Speed: 9.99 km/h
Running performance: 6:01 min/km

Rank in course/Total: 170 (of 418)

Rank in course/Men: 154 (of 336)

Best time in course: 1:39:59

Rank in category: 30(of 50)

Best time in the category: 1:55:06

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	18:27	5:35	27	5:01	128	6:27	3.30	18:27	5:35	27	5:01	128	6:27
Schlüsie	3.10	19:53	6:24	27	4:33	115	6:26	6.40	38:20	5:59	29	9:34	123	12:53
Hermannsklippe	2.60	17:46	6:49	24	4:38	119	5:58	9.00	56:06	6:14	24	13:55	117	18:51
Brocken	3.10	28:23	9:09	24	7:30	104	10:13	12.10	1:24:29	6:58	24	20:34	114	29:04
Eiserner Handwe	3.60	19:52	5:31	34	6:13	188	7:50	15.70	1:44:21	6:38	26	26:04	124	36:54
Schlüsie	4.10	20:12	4:55	41	7:29	244	8:40	19.80	2:04:33	6:17	29	32:53	146	45:34
Loddenke	3.10	15:14	4:54	24	4:08	126	5:16	22.90	2:19:47	6:06	21	37:01	111	50:50
Ilseburg/Markt	3.30	17:33	5:19	23	5:14	146	6:31	26.20	2:37:20	6:00	30	42:14	154	57:21