



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

**Bense, Holger**

Club: Schönaich  
Number: 60

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:38:47

Speed: 9.82 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 179 (of 418)

Rank in course/Men: 160 (of 336)

Best time in course: 1:39:59

Rank in category: 11(of 29)

Best time in the category: 2:11:24

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	20:32	6:13	17	4:01	224	8:32	3.30	20:32	6:13	17	4:01	224	8:32
Schlüsie	3.10	20:49	6:42	10	3:26	160	7:22	6.40	41:21	6:27	12	7:27	193	15:54
Hermannsklippe	2.60	18:50	7:14	11	3:42	171	7:02	9.00	1:00:11	6:41	12	11:09	189	22:56
Brocken	3.10	28:58	9:20	5	3:59	123	10:48	12.10	1:29:09	7:22	10	15:08	162	33:44
Eiserner Handwe	3.60	19:50	5:30	15	4:25	183	7:48	15.70	1:48:59	6:56	11	19:33	163	41:32
Schlüsie	4.10	18:45	4:34	14	4:23	189	7:13	19.80	2:07:44	6:27	11	23:28	164	48:45
Loddenke	3.10	14:34	4:41	8	2:02	94	4:36	22.90	2:22:18	6:12	10	25:30	124	53:21
Ilseburg/Markt	3.30	16:29	4:59	9	2:19	106	5:27	26.20	2:38:47	6:03	11	27:23	160	58:48