51. Brockenlauf
Ilsenburg / 03.09.2022

Detailed evaluation

Breder, Torsten

Club: Bielefeld
Number: 72

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:40:21

Speed: 9.80 km/h
Running performance: 6:07 min/km

Rank in course/Total: 185 (of 418)
Rank in course/Men: 164 (of 336)
Best time in course: 1:39:59

Rank in category: 32(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	20:24	6:10	39	6:58	214	8:24	3.30	20:24	6:10	39	6:58	214	8:24
Schlüsie	3.10	20:59	6:46	38	5:39	176	7:32	6.40	41:23	6:27	38	12:37	195	15:56
Hermannsklippe	2.60	18:09	6:58	30	5:01	142	6:21	9.00	59:32	6:36	39	17:21	177	22:17
Brocken	3.10	29:19	9:27	29	8:26	133	11:09	12.10	1:28:51	7:20	34	24:56	158	33:26
Eiserner Handwe	3.60	19:33	5:25	31	5:54	172	7:31	15.70	1:48:24	6:54	32	30:07	156	40:57
Schlüsie	4.10	17:51	4:21	30	5:08	146	6:19	19.80	2:06:15	6:22	32	34:35	156	47:16
Loddenke	3.10	15:36	5:01	26	4:30	141	5:38	22.90	2:21:51	6:11	23	39:05	121	52:54
Ilsenburg/Markt	3.30	18:30	5:36	28	6:11	180	7:28	26.20	2:40:21	6:07	32	45:15	164	1:00:22