



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Jermis, Dieter

Club: Hameln
Number: 10

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:40:55

Speed: 9.69 km/h
Running performance: 6:08 min/km

Rank in course/Total: 186 (of 418)

Rank in course/Men: 165 (of 336)

Best time in course: 1:39:59

Rank in category: 5(of 19)

Best time in the category: 2:24:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Loddenke	3.30	19:17	5:50	4	1:49	162	7:17	3.30	19:17	5:50	4	1:49	162	7:17
Schlüsie	3.10	21:44	7:00	6	2:17	206	8:17	6.40	41:01	6:24	5	4:05	183	15:34
Hermannsklippe	2.60	18:54	7:16	5	1:44	178	7:06	9.00	59:55	6:39	6	5:29	184	22:40
Brocken	3.10	31:00	10:00	7	3:01	184	12:50	12.10	1:30:55	7:30	6	8:04	184	35:30
Eiserner Handwe	3.60	19:25	5:23	6	2:26	168	7:23	15.70	1:50:20	7:01	6	10:30	178	42:53
Schlüsie	4.10	17:31	4:16	5	1:29	129	5:59	19.80	2:07:51	6:27	5	11:53	166	48:52
Loddenke	3.10	15:05	4:51	5	1:40	116	5:07	22.90	2:22:56	6:14	4	13:25	126	53:59
Ilseburg/Markt	3.30	17:59	5:26	5	2:52	159	6:57	26.20	2:40:55	6:08	5	16:14	165	1:00:56