



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Lippisch, Roland

Club: Magdeburg  
Number: 477

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:41:03

Speed: 9.76 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 188 (of 418)

Rank in course/Men: 166 (of 336)

Best time in course: 1:39:59

Rank in category: 28(of 60)

Best time in the category: 2:00:45

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	23:11	7:01	57	8:41	312	11:11	3.30	23:11	7:01	57	8:41	312	11:11
Schlüsie	3.10	22:34	7:16	44	6:59	235	9:07	6.40	45:45	7:08	54	15:40	289	20:18
Hermannsklippe	2.60	18:20	7:03	26	4:26	150	6:32	9.00	1:04:05	7:07	48	20:06	254	26:50
Brocken	3.10	26:43	8:37	13	3:57	64	8:33	12.10	1:30:48	7:30	30	23:57	182	35:23
Eiserner Handwe	3.60	17:21	4:49	15	3:02	82	5:19	15.70	1:48:09	6:53	26	25:35	154	40:42
Schlüsie	4.10	16:06	3:55	11	2:35	71	4:34	19.80	2:04:15	6:16	25	28:10	141	45:16
Loddenke	3.10	17:01	5:29	34	5:12	186	7:03	22.90	2:21:16	6:10	18	31:59	117	52:19
Ilseburg/Markt	3.30	19:47	5:59	39	6:57	209	8:45	26.20	2:41:03	6:08	28	40:18	166	1:01:04