



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Lech, Sebastian

Club: Hamburg
Number: 246

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:42:18

Speed: 9.69 km/h
Running performance: 6:11 min/km

Rank in course/Total: 194 (of 418)

Rank in course/Men: 172 (of 336)

Best time in course: 1:39:59

Rank in category: 33(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 | 18:42 | 5:40 | 30 | 5:16 | 142 | 6:42 | 3.30 | 18:42 | 5:40 | 30 | 5:16 | 142 | 6:42 |
| Schlüsie | 3.10 | 19:25 | 6:15 | 21 | 4:05 | 88 | 5:58 | 6.40 | 38:07 | 5:57 | 26 | 9:21 | 116 | 12:40 |
| Hermannsklippe | 2.60 | 18:51 | 7:15 | 37 | 5:43 | 172 | 7:03 | 9.00 | 56:58 | 6:19 | 31 | 14:47 | 133 | 19:43 |
| Brocken | 3.10 | 32:10 | 10:22 | 39 | 11:17 | 213 | 14:00 | 12.10 | 1:29:08 | 7:21 | 37 | 25:13 | 161 | 33:43 |
| Eiserner Handwe | 3.60 | 21:45 | 6:02 | 42 | 8:06 | 254 | 9:43 | 15.70 | 1:50:53 | 7:03 | 36 | 32:36 | 182 | 43:26 |
| Schlüsie | 4.10 | 17:47 | 4:20 | 29 | 5:04 | 144 | 6:15 | 19.80 | 2:08:40 | 6:29 | 35 | 37:00 | 175 | 49:41 |
| Loddenke | 3.10 | 14:59 | 4:49 | 22 | 3:53 | 112 | 5:01 | 22.90 | 2:23:39 | 6:16 | 24 | 40:53 | 128 | 54:42 |
| Ilseburg/Markt | 3.30 | 18:39 | 5:39 | 29 | 6:20 | 183 | 7:37 | 26.20 | 2:42:18 | 6:11 | 33 | 47:12 | 172 | 1:02:19 |