



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