



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

### Sternberg, Ulf

Club: Harz-Gebirgslauf Wernigerode  
Number: 32

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:42:43

Speed: 9.66 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 196 (of 418)

Rank in course/Men: 174 (of 336)

Best time in course: 1:39:59

Rank in category: 13(of 29)

Best time in the category: 2:11:24

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	21:12	6:25	22	4:41	253	9:12	3.30	21:12	6:25	22	4:41	253	9:12
Schlüsie	3.10	21:35	6:57	13	4:12	198	8:08	6.40	42:47	6:41	18	8:53	235	17:20
Hermannsklippe	2.60	18:52	7:15	12	3:44	174	7:04	9.00	1:01:39	6:50	16	12:37	211	24:24
Brocken	3.10	30:00	9:40	9	5:01	157	11:50	12.10	1:31:39	7:34	13	17:38	193	36:14
Eiserner Handwe	3.60	19:09	5:19	12	3:44	158	7:07	15.70	1:50:48	7:03	12	21:22	181	43:21
Schlüsie	4.10	18:59	4:37	15	4:37	193	7:27	19.80	2:09:47	6:33	13	25:31	183	50:48
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	32:56	9:58	27	18:46	310	21:54	26.20	2:42:43	6:12	13	31:19	174	1:02:44