



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Janssen, Stefan

Club: Hannover
Number: 192

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:05

Speed: 9.64 km/h
Running performance: 6:13 min/km

Rank in course/Total: 201 (of 418)

Rank in course/Men: 178 (of 336)

Best time in course: 1:39:59

Rank in category: 29(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	21:33	6:31	49	7:03	270	9:33	3.30	21:33	6:31	49	7:03	270	9:33
Schlüsie	3.10	20:47	6:42	28	5:12	157	7:20	6.40	42:20	6:36	39	12:15	223	16:53
Hermannsklippe	2.60	17:23	6:41	17	3:29	103	5:35	9.00	59:43	6:38	31	15:44	180	22:28
Brocken	3.10	31:19	10:06	31	8:33	193	13:09	12.10	1:31:02	7:31	31	24:11	186	35:37
Eiserner Handwe	3.60	20:39	5:44	44	6:20	222	8:37	15.70	1:51:41	7:06	32	29:07	194	44:14
Schlüsie	4.10	19:08	4:40	35	5:37	196	7:36	19.80	2:10:49	6:36	31	34:44	193	51:50
Loddenke	3.10	15:55	5:08	24	4:06	152	5:57	22.90	2:26:44	6:24	22	37:27	145	57:47
Ilseburg/Markt	3.30	16:21	4:57	17	3:31	104	5:19	26.20	2:43:05	6:13	29	42:20	178	1:03:06