



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Schönau, Michael

Club: Vitusteam Vacha  
Number: 368

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:43:15

Speed: 9.56 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 203 (of 418)

Rank in course/Men: 181 (of 336)

Best time in course: 1:39:59

Rank in category: 30(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	19:00	5:45	28	4:30	149	7:00	3.30	19:00	5:45	28	4:30	149	7:00
Schlüsie	3.10	20:44	6:41	27	5:09	155	7:17	6.40	39:44	6:12	25	9:39	148	14:17
Hermannsklippe	2.60	19:03	7:19	34	5:09	192	7:15	9.00	58:47	6:31	28	14:48	161	21:32
Brocken	3.10	33:43	10:52	46	10:57	245	15:33	12.10	1:32:30	7:38	34	25:39	201	37:05
Eiserner Handwe	3.60	21:11	5:53	46	6:52	239	9:09	15.70	1:53:41	7:14	37	31:07	209	46:14
Schlüsie	4.10	18:30	4:30	30	4:59	176	6:58	19.80	2:12:11	6:40	35	36:06	205	53:12
Loddenke	3.10	15:00	4:50	16	3:11	113	5:02	22.90	2:27:11	6:25	23	37:54	147	58:14
Ilseburg/Markt	3.30	16:04	4:52	15	3:14	92	5:02	26.20	2:43:15	6:13	30	42:30	181	1:03:16