



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Kegel, Rene

Club: Herzebrock-Clarholz
Number: 202

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:44:02

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 210 (of 418)

Rank in course/Men: 186 (of 336)

Best time in course: 1:39:59

Rank in category: 34(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	20:21	6:10	38	6:55	212	8:21	3.30	20:21	6:10	38	6:55	212	8:21
Schlüsie	3.10	21:18	6:52	41	5:58	188	7:51	6.40	41:39	6:30	39	12:53	203	16:12
Hermannsklippe	2.60	19:08	7:21	40	6:00	196	7:20	9.00	1:00:47	6:45	40	18:36	198	23:32
Brocken	3.10	31:04	10:01	34	10:11	187	12:54	12.10	1:31:51	7:35	40	27:56	197	36:26
Eiserner Handwe	3.60	19:57	5:32	35	6:18	192	7:55	15.70	1:51:48	7:07	40	33:31	198	44:21
Schlüsie	4.10	19:55	4:51	39	7:12	230	8:23	19.80	2:11:43	6:39	40	40:03	200	52:44
Loddenke	3.10	15:35	5:01	25	4:29	139	5:37	22.90	2:27:18	6:25	28	44:32	148	58:21
Ilseburg/Markt	3.30	16:44	5:04	18	4:25	115	5:42	26.20	2:44:02	6:15	34	48:56	186	1:04:03