



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Grundmann, Martin

Club: Heckerheide  
Number: 473

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:45:00

Speed: 9.53 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 218 (of 418)

Rank in course/Men: 194 (of 336)

Best time in course: 1:39:59

Rank in category: 35(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	22:42	6:52	56	8:12	305	10:42	3.30	22:42	6:52	56	8:12	305	10:42
Schlüsie	3.10	22:45	7:20	46	7:10	248	9:18	6.40	45:27	7:06	52	15:22	283	20:00
Hermannsklippe	2.60	18:37	7:09	28	4:43	164	6:49	9.00	1:04:04	7:07	46	20:05	251	26:49
Brocken	3.10	30:18	9:46	28	7:32	168	12:08	12.10	1:34:22	7:47	40	27:31	221	38:57
Eiserner Handwe	3.60	20:10	5:36	38	5:51	202	8:08	15.70	1:54:32	7:17	38	31:58	216	47:05
Schlüsie	4.10	18:35	4:31	31	5:04	180	7:03	19.80	2:13:07	6:43	37	37:02	211	54:08
Loddenke	3.10	15:10	4:53	19	3:21	122	5:12	22.90	2:28:17	6:28	26	39:00	159	59:20
Ilseburg/Markt	3.30	16:43	5:03	20	3:53	114	5:41	26.20	2:45:00	6:17	35	44:15	194	1:05:01