



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Göthel, René

Club: FC St. Pauli Triathlon
Number: 142

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:46:39

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 231 (of 418)

Rank in course/Men: 202 (of 336)

Best time in course: 1:39:59

Rank in category: 36(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	19:18	5:50	30	4:48	164	7:18	3.30	19:18	5:50	30	4:48	164	7:18
Schlüsie	3.10	21:24	6:54	36	5:49	193	7:57	6.40	40:42	6:21	30	10:37	174	15:15
Hermannsklippe	2.60	19:27	7:28	38	5:33	211	7:39	9.00	1:00:09	6:41	33	16:10	188	22:54
Brocken	3.10	32:28	10:28	36	9:42	216	14:18	12.10	1:32:37	7:39	35	25:46	204	37:12
Eiserner Handwe	3.60	20:17	5:38	40	5:58	207	8:15	15.70	1:52:54	7:11	35	30:20	202	45:27
Schlüsie	4.10	20:08	4:54	44	6:37	238	8:36	19.80	2:13:02	6:43	36	36:57	209	54:03
Loddenke	3.10	15:57	5:08	25	4:08	153	5:59	22.90	2:28:59	6:30	27	39:42	161	1:00:02
Ilseburg/Markt	3.30	17:40	5:21	24	4:50	148	6:38	26.20	2:46:39	6:21	36	45:54	202	1:06:40