



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Fries de las Heras, Jürgen

Club: Hannover
Number: 124

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:46:42

Speed: 9.36 km/h
Running performance: 6:22 min/km

Rank in course/Total: 233 (of 418)

Rank in course/Men: 203 (of 336)

Best time in course: 1:39:59

Rank in category: 25(of 43)

Best time in the category: 1:59:27

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	19:19	5:51	21	4:22	166	7:19	3.30	19:19	5:51	21	4:22	166	7:19
Schlüsie	3.10	20:55	6:44	19	5:08	167	7:28	6.40	40:14	6:17	23	9:04	164	14:47
Hermannsklippe	2.60	18:16	7:01	19	4:44	147	6:28	9.00	58:30	6:30	20	13:48	154	21:15
Brocken	3.10	31:01	10:00	24	9:18	185	12:51	12.10	1:29:31	7:23	19	23:06	166	34:06
Eiserner Handwe	3.60	20:32	5:42	26	5:40	219	8:30	15.70	1:50:03	7:00	20	28:46	177	42:36
Schlüsie	4.10	20:01	4:52	30	5:46	236	8:29	19.80	2:10:04	6:34	22	34:00	185	51:05
Loddenke	3.10	17:46	5:43	26	6:19	210	7:48	22.90	2:27:50	6:27	20	40:19	154	58:53
Ilseburg/Markt	3.30	18:52	5:43	26	6:56	192	7:50	26.20	2:46:42	6:21	25	47:15	203	1:06:43