



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Gröger, Benjamin

Club: Ganderkeseer
Number: 145

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:47:21

Speed: 9.32 km/h
Running performance: 6:23 min/km

Rank in course/Total: 238 (of 418)

Rank in course/Men: 206 (of 336)

Best time in course: 1:39:59

Rank in category: 38(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	19:19	5:51	33	5:53	166	7:19	3.30	19:19	5:51	33	5:53	166	7:19
Schlüsie	3.10	20:50	6:43	35	5:30	161	7:23	6.40	40:09	6:16	34	11:23	162	14:42
Hermannsklippe	2.60	18:22	7:03	32	5:14	152	6:34	9.00	58:31	6:30	34	16:20	155	21:16
Brocken	3.10	29:16	9:26	27	8:23	131	11:06	12.10	1:27:47	7:15	30	23:52	141	32:22
Eiserner Handwe	3.60	20:18	5:38	39	6:39	209	8:16	15.70	1:48:05	6:53	31	29:48	152	40:38
Schlüsie	4.10	21:24	5:13	46	8:41	277	9:52	19.80	2:09:29	6:32	36	37:49	180	50:30
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	37:52	11:28	48	25:33	329	26:50	26.20	2:47:21	6:23	38	52:15	206	1:07:22