



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

**Van Rennings, Uwe**

Club: Hassel  
Number: 464

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:52:57

Speed: 9.02 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 278 (of 418)

Rank in course/Men: 241 (of 336)

Best time in course: 1:39:59

Rank in category: 34(of 54)

Best time in the category: 2:10:09

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	21:40	6:33	43	4:56	273	9:40	3.30	21:40	6:33	43	4:56	273	9:40
Schlüsie	3.10	22:31	7:15	34	4:17	232	9:04	6.40	44:11	6:54	42	9:43	258	18:44
Hermannsklippe	2.60	19:48	7:36	30	4:08	223	8:00	9.00	1:03:59	7:06	39	13:51	248	26:44
Brocken	3.10	32:23	10:26	30	8:32	215	14:13	12.10	1:36:22	7:57	33	22:23	240	40:57
Eiserner Handwe	3.60	21:54	6:04	38	6:43	260	9:52	15.70	1:58:16	7:31	33	29:06	244	50:49
Schlüsie	4.10	21:26	5:13	41	6:21	281	9:54	19.80	2:19:42	7:03	37	35:27	252	1:00:43
Loddenke	3.10	16:17	5:15	25	3:45	165	6:19	22.90	2:35:59	6:48	30	39:12	195	1:07:02
Ilseburg/Markt	3.30	16:58	5:08	20	3:36	125	5:56	26.20	2:52:57	6:36	34	42:48	241	1:12:58