



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Rettig, Jens

Club: Lichtentanne
Number: 328

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:54:28

Speed: 8.94 km/h
Running performance: 6:40 min/km

Rank in course/Total: 284 (of 418)

Rank in course/Men: 247 (of 336)

Best time in course: 1:39:59

Rank in category: 37(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	19:03	5:46	21	2:19	154	7:03	3.30	19:03	5:46	21	2:19	154	7:03
Schlüsie	3.10	23:15	7:30	42	5:01	266	9:48	6.40	42:18	6:36	32	7:50	220	16:51
Hermannsklippe	2.60	20:56	8:03	39	5:16	259	9:08	9.00	1:03:14	7:01	35	13:06	237	25:59
Brocken	3.10	34:07	11:00	35	10:16	250	15:57	12.10	1:37:21	8:02	34	23:22	248	41:56
Eiserner Handwe	3.60	20:48	5:46	31	5:37	230	8:46	15.70	1:58:09	7:31	32	28:59	243	50:42
Schlüsie	4.10	20:49	5:04	37	5:44	264	9:17	19.80	2:18:58	7:01	35	34:43	248	59:59
Loddenke	3.10	17:16	5:34	29	4:44	196	7:18	22.90	2:36:14	6:49	31	39:27	197	1:07:17
Ilseburg/Markt	3.30	18:14	5:31	28	4:52	171	7:12	26.20	2:54:28	6:39	37	44:19	247	1:14:29