



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Alb, Kristian

Club: Hannover
Number: 35

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:54:33

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

Rank in course/Total: 285 (of 418)

Rank in course/Men: 248 (of 336)

Best time in course: 1:39:59

Rank in category: 43(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	21:07	6:23	41	7:41	249	9:07	3.30	21:07	6:23	41	7:41	249	9:07
Schlüsie	3.10	20:44	6:41	34	5:24	155	7:17	6.40	41:51	6:32	40	13:05	214	16:24
Hermannsklippe	2.60	17:20	6:39	23	4:12	102	5:32	9.00	59:11	6:34	36	17:00	166	21:56
Brocken	3.10	27:09	8:45	17	6:16	69	8:59	12.10	1:26:20	7:08	26	22:25	127	30:55
Eiserner Handwe	3.60	18:41	5:11	27	5:02	142	6:39	15.70	1:45:01	6:41	27	26:44	131	37:34
Schlüsie	4.10	20:17	4:56	43	7:34	249	8:45	19.80	2:05:18	6:19	30	33:38	150	46:19
Loddenke	3.10	21:12	6:50	37	10:06	255	11:14	22.90	2:26:30	6:23	26	43:44	143	57:33
Ilseburg/Markt	3.30	28:03	8:30	42	15:44	281	17:01	26.20	2:54:33	6:39	43	59:27	248	1:14:34