



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Ciana, Reiner

Club: LG Ruelsburg Bad-Kösen
Number: 84

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:55:27

Speed: 8.89 km/h
Running performance: 6:42 min/km

Rank in course/Total: 289 (of 418)

Rank in course/Men: 251 (of 336)

Best time in course: 1:39:59

Rank in category: 11(of 19)

Best time in the category: 2:24:41

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	21:52	6:37	16	4:24	281	9:52	3.30	21:52	6:37	16	4:24	281	9:52
Schlüsie	3.10	23:52	7:41	13	4:25	282	10:25	6.40	45:44	7:08	14	8:48	287	20:17
Hermannsklippe	2.60	21:43	8:21	13	4:33	281	9:55	9.00	1:07:27	7:29	15	13:01	291	30:12
Brocken	3.10	34:12	11:01	11	6:13	251	16:02	12.10	1:41:39	8:24	12	18:48	275	46:14
Eiserner Handwe	3.60	20:01	5:33	8	3:02	196	7:59	15.70	2:01:40	7:44	11	21:50	265	54:13
Schlüsie	4.10	19:24	4:43	8	3:22	207	7:52	19.80	2:21:04	7:07	11	25:06	259	1:02:05
Loddenke	3.10	16:14	5:14	7	2:49	163	6:16	22.90	2:37:18	6:52	9	27:47	201	1:08:21
Ilseburg/Markt	3.30	18:09	5:30	7	3:02	167	7:07	26.20	2:55:27	6:41	11	30:46	251	1:15:28