



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

**Holz, Marcus**

Club: Leiferde  
Number: 178

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:56:16

Speed: 8.85 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 292 (of 418)

Rank in course/Men: 253 (of 336)

Best time in course: 1:39:59

Rank in category: 35(of 43)

Best time in the category: 1:59:27

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:43	7:11	40	8:46	318	11:43	3.30	23:43	7:11	40	8:46	318	11:43
Schlüsie	3.10	21:24	6:54	22	5:37	193	7:57	6.40	45:07	7:02	39	13:57	277	19:40
Hermannsklippe	2.60	19:06	7:20	24	5:34	195	7:18	9.00	1:04:13	7:08	34	19:31	257	26:58
Brocken	3.10	33:17	10:44	33	11:34	238	15:07	12.10	1:37:30	8:03	35	31:05	249	42:05
Eiserner Handwe	3.60	24:14	6:43	36	9:22	305	12:12	15.70	2:01:44	7:45	36	40:27	266	54:17
Schlüsie	4.10	20:08	4:54	31	5:53	238	8:36	19.80	2:21:52	7:09	36	45:48	263	1:02:53
Loddenke	3.10	17:03	5:30	25	5:36	187	7:05	22.90	2:38:55	6:56	27	51:24	204	1:09:58
Ilseburg/Markt	3.30	17:21	5:15	21	5:25	138	6:19	26.20	2:56:16	6:43	35	56:49	253	1:16:17