



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Herden, Rene

Club: TV Hessisch Lichtenau
Number: 170

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:56:50

Speed: 8.82 km/h
Running performance: 6:45 min/km

Rank in course/Total: 294 (of 418)

Rank in course/Men: 254 (of 336)

Best time in course: 1:39:59

Rank in category: 46(of 60)

Best time in the category: 2:00:45

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	21:18	6:27	47	6:48	261	9:18	3.30	21:18	6:27	47	6:48	261	9:18
Schlüsie	3.10	22:43	7:19	45	7:08	245	9:16	6.40	44:01	6:52	47	13:56	254	18:34
Hermannsklippe	2.60	19:54	7:39	44	6:00	231	8:06	9.00	1:03:55	7:06	45	19:56	245	26:40
Brocken	3.10	36:37	11:48	54	13:51	291	18:27	12.10	1:40:32	8:18	50	33:41	268	45:07
Eiserner Handwe	3.60	20:00	5:33	37	5:41	194	7:58	15.70	2:00:32	7:40	48	37:58	254	53:05
Schlüsie	4.10	20:46	5:03	48	7:15	262	9:14	19.80	2:21:18	7:08	49	45:13	261	1:02:19
Loddenke	3.10	16:52	5:26	33	5:03	183	6:54	22.90	2:38:10	6:54	37	48:53	203	1:09:13
Ilseburg/Markt	3.30	18:40	5:39	30	5:50	184	7:38	26.20	2:56:50	6:44	46	56:05	254	1:16:51