



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Pusch, Toralf

Club: Düsseldorf
Number: 316

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:56:58

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

Rank in course/Total: 295 (of 418)

Rank in course/Men: 255 (of 336)

Best time in course: 1:39:59

Rank in category: 47(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	20:29	6:12	41	221	5:59	8:29	3.30	20:29	6:12	41	221	5:59	8:29
Schlüsie	3.10	21:03	6:47	32	179	5:28	7:36	6.40	41:32	6:29	35	198	11:27	16:05
Hermannsklippe	2.60	19:42	7:34	40	217	5:48	7:54	9.00	1:01:14	6:48	37	199	17:15	23:59
Brocken	3.10	34:39	11:10	49	259	11:53	16:29	12.10	1:35:53	7:55	43	235	29:02	40:28
Eiserner Handwe	3.60	19:53	5:31	36	190	5:34	7:51	15.70	1:55:46	7:22	42	227	33:12	48:19
Schlüsie	4.10	19:42	4:48	37	220	6:11	8:10	19.80	2:15:28	6:50	44	231	39:23	56:29
Loddenke	3.10	19:30	6:17	41	235	7:41	9:32	22.90	2:34:58	6:46	35	190	45:41	1:06:01
Ilseburg/Markt	3.30	22:00	6:40	43	243	9:10	10:58	26.20	2:56:58	6:45	47	255	56:13	1:16:59