



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: 8.88 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 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	20:29	6:12	41	5:59	221	8:29	3.30	20:29	6:12	41	5:59	221	8:29
Schlüsie	3.10	21:03	6:47	32	5:28	179	7:36	6.40	41:32	6:29	35	11:27	198	16:05
Hermannsklippe	2.60	19:42	7:34	40	5:48	217	7:54	9.00	1:01:14	6:48	37	17:15	199	23:59
Brocken	3.10	34:39	11:10	49	11:53	259	16:29	12.10	1:35:53	7:55	43	29:02	235	40:28
Eiserner Handwe	3.60	19:53	5:31	36	5:34	190	7:51	15.70	1:55:46	7:22	42	33:12	227	48:19
Schlüsie	4.10	19:42	4:48	37	6:11	220	8:10	19.80	2:15:28	6:50	44	39:23	231	56:29
Loddenke	3.10	19:30	6:17	41	7:41	235	9:32	22.90	2:34:58	6:46	35	45:41	190	1:06:01
Ilseburg/Markt	3.30	22:00	6:40	43	9:10	243	10:58	26.20	2:56:58	6:45	47	56:13	255	1:16:59