



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Glodek, Ronny

Club: Berlin  
Number: 138

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:58:14

Speed: 8.82 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 300 (of 418)

Rank in course/Men: 259 (of 336)

Best time in course: 1:39:59

Rank in category: 44(of 50)

Best time in the category: 1:55:06

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	43	7:52	261	9:18	3.30	21:18	6:27	43	7:52	261	9:18
Schlüsie	3.10	21:42	7:00	42	6:22	205	8:15	6.40	43:00	6:43	42	14:14	237	17:33
Hermannsklippe	2.60	19:20	7:26	42	6:12	208	7:32	9.00	1:02:20	6:55	42	20:09	221	25:05
Brocken	3.10	31:40	10:12	37	10:47	201	13:30	12.10	1:34:00	7:46	42	30:05	216	38:35
Eiserner Handwe	3.60	22:35	6:16	46	8:56	279	10:33	15.70	1:56:35	7:25	43	38:18	236	49:08
Schlüsie	4.10	21:21	5:12	45	8:38	275	9:49	19.80	2:17:56	6:57	43	46:16	242	58:57
Loddenke	3.10	19:42	6:21	35	8:36	239	9:44	22.90	2:37:38	6:53	33	54:52	202	1:08:41
Ilseburg/Markt	3.30	20:36	6:14	35	8:17	226	9:34	26.20	2:58:14	6:48	44	1:03:08	259	1:18:15