



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Schrader, René

Club: Osterwieck  
Number: 369

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:59:10

Speed: 8.71 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 304 (of 418)

Rank in course/Men: 262 (of 336)

Best time in course: 1:39:59

Rank in category: 49(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     | 22:25      | 6:47         | 54          | 7:55        | 296     | 10:25      | 3.30          | 22:25      | 6:47         | 54       | 7:55        | 296     | 10:25      |
| Schlüsie           | 3.10     | 24:37      | 7:56         | 54          | 9:02        | 296     | 11:10      | 6.40          | 47:02      | 7:20         | 56       | 16:57       | 303     | 21:35      |
| Hermannsklippe     | 2.60     | 21:48      | 8:23         | 53          | 7:54        | 283     | 10:00      | 9.00          | 1:08:50    | 7:38         | 55       | 24:51       | 298     | 31:35      |
| Brocken            | 3.10     | 33:01      | 10:39        | 40          | 10:15       | 231     | 14:51      | 12.10         | 1:41:51    | 8:25         | 53       | 35:00       | 277     | 46:26      |
| Eiserner Handwe    | 3.60     | 21:57      | 6:05         | 50          | 7:38        | 262     | 9:55       | 15.70         | 2:03:48    | 7:53         | 54       | 41:14       | 276     | 56:21      |
| Schlüsie           | 4.10     | 20:42      | 5:02         | 47          | 7:11        | 261     | 9:10       | 19.80         | 2:24:30    | 7:17         | 54       | 48:25       | 275     | 1:05:31    |
| Loddenke           | 3.10     | 16:31      | 5:19         | 30          | 4:42        | 173     | 6:33       | 22.90         | 2:41:01    | 7:01         | 38       | 51:44       | 208     | 1:12:04    |
| Ilseburg/Markt     | 3.30     | 18:09      | 5:30         | 28          | 5:19        | 167     | 7:07       | 26.20         | 2:59:10    | 6:50         | 49       | 58:25       | 262     | 1:19:11    |