



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: 8.77 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