



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Förster, Ralf

Club: Regensburg
Number: 119

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 3:00:47

Speed: 8.63 km/h
Running performance: 6:54 min/km

Rank in course/Total: 313 (of 418)

Rank in course/Men: 268 (of 336)

Best time in course: 1:39:59

Rank in category: 12(of 19)

Best time in the category: 2:24:41

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	21:30	6:30	12	4:02	268	9:30	3.30	21:30	6:30	12	4:02	268	9:30
Schlüsie	3.10	23:46	7:39	12	4:19	279	10:19	6.40	45:16	7:04	13	8:20	279	19:49
Hermannsklippe	2.60	21:31	8:16	11	4:21	270	9:43	9.00	1:06:47	7:25	14	12:21	286	29:32
Brocken	3.10	34:27	11:06	12	6:28	256	16:17	12.10	1:41:14	8:21	11	18:23	272	45:49
Eiserner Handwe	3.60	22:36	6:16	14	5:37	280	10:34	15.70	2:03:50	7:53	12	24:00	277	56:23
Schlüsie	4.10	21:02	5:07	13	5:00	271	9:30	19.80	2:24:52	7:18	12	28:54	276	1:05:53
Loddenke	3.10	16:52	5:26	9	3:27	183	6:54	22.90	2:41:44	7:03	10	32:13	212	1:12:47
Ilseburg/Markt	3.30	19:03	5:46	10	3:56	193	8:01	26.20	3:00:47	6:54	12	36:06	268	1:20:48