



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Schwenke, Jan

Club: Hannover
Number: 377

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:01:36

Speed: 8.66 km/h
Running performance: 6:56 min/km

Rank in course/Total: 316 (of 418)

Rank in course/Men: 271 (of 336)

Best time in course: 1:39:59

Rank in category: 45(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	22:21	6:46	46	8:55	294	10:21	3.30	22:21	6:46	46	8:55	294	10:21
Schlüsie	3.10	23:24	7:32	45	8:04	267	9:57	6.40	45:45	7:08	46	16:59	289	20:18
Hermannsklippe	2.60	20:28	7:52	45	7:20	246	8:40	9.00	1:06:13	7:21	44	24:02	274	28:58
Brocken	3.10	33:04	10:40	41	12:11	233	14:54	12.10	1:39:17	8:12	44	35:22	263	43:52
Eiserner Handwe	3.60	22:15	6:10	43	8:36	272	10:13	15.70	2:01:32	7:44	44	43:15	263	54:05
Schlüsie	4.10	22:38	5:31	48	9:55	296	11:06	19.80	2:24:10	7:16	45	52:30	271	1:05:11
Loddenke	3.10	18:06	5:50	33	7:00	216	8:08	22.90	2:42:16	7:05	34	59:30	215	1:13:19
Ilseburg/Markt	3.30	19:20	5:51	31	7:01	199	8:18	26.20	3:01:36	6:55	45	1:06:30	271	1:21:37