



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Rausch, Stefan

Club: Ilseburg
Number: 322

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:03:57

Speed: 8.48 km/h
Running performance: 7:01 min/km

Rank in course/Total: 325 (of 418)

Rank in course/Men: 276 (of 336)

Best time in course: 1:39:59

Rank in category: 53(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	18:13	5:31	19	3:43	111	6:13	3.30	18:13	5:31	19	3:43	111	6:13
Schlüsie	3.10	23:25	7:33	51	7:50	268	9:58	6.40	41:38	6:30	37	11:33	202	16:11
Hermannsklippe	2.60	22:06	8:30	54	8:12	289	10:18	9.00	1:03:44	7:04	44	19:45	244	26:29
Brocken	3.10	33:06	10:40	41	10:20	235	14:56	12.10	1:36:50	8:00	45	29:59	243	41:25
Eiserner Handwe	3.60	23:50	6:37	56	9:31	301	11:48	15.70	2:00:40	7:41	49	38:06	257	53:13
Schlüsie	4.10	22:35	5:30	54	9:04	295	11:03	19.80	2:23:15	7:14	51	47:10	267	1:04:16
Loddenke	3.10	19:38	6:19	42	7:49	237	9:40	22.90	2:42:53	7:06	42	53:36	217	1:13:56
Ilseburg/Markt	3.30	21:04	6:23	41	8:14	231	10:02	26.20	3:03:57	7:01	53	1:03:12	276	1:23:58