



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Portmann, Kai

Club: Berlin
Number: 309

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:04:46

Speed: 8.44 km/h
Running performance: 7:03 min/km

Rank in course/Total: 327 (of 418)

Rank in course/Men: 278 (of 336)

Best time in course: 1:39:59

Rank in category: 41(of 54)

Best time in the category: 2:10:09

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	42	4:46	268	9:30	3.30	21:30	6:30	42	4:46	268	9:30
Schlüsie	3.10	23:51	7:41	43	5:37	281	10:24	6.40	45:21	7:05	44	10:53	280	19:54
Hermannsklippe	2.60	21:42	8:20	42	6:02	280	9:54	9.00	1:07:03	7:26	44	16:55	289	29:48
Brocken	3.10	34:59	11:17	40	11:08	269	16:49	12.10	1:42:02	8:25	44	28:03	278	46:37
Eiserner Handwe	3.60	22:22	6:12	40	7:11	275	10:20	15.70	2:04:24	7:55	42	35:14	278	56:57
Schlüsie	4.10	22:03	5:22	43	6:58	287	10:31	19.80	2:26:27	7:23	42	42:12	285	1:07:28
Loddenke	3.10	17:53	5:46	35	5:21	215	7:55	22.90	2:44:20	7:10	36	47:33	222	1:15:23
Ilseburg/Markt	3.30	20:26	6:11	36	7:04	224	9:24	26.20	3:04:46	7:03	41	54:37	278	1:24:47