



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten
Number: 47

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:04:48

Speed: 8.51 km/h
Running performance: 7:03 min/km

Rank in course/Total: 328 (of 418)

Rank in course/Men: 279 (of 336)

Best time in course: 1:39:59

Rank in category: 42(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	20:37	6:14	36	3:53	232	8:37	3.30	20:37	6:14	36	3:53	232	8:37
Schlüsie	3.10	22:40	7:18	37	4:26	244	9:13	6.40	43:17	6:45	40	8:49	244	17:50
Hermannsklippe	2.60	20:40	7:56	36	5:00	251	8:52	9.00	1:03:57	7:06	38	13:49	247	26:42
Brocken	3.10	37:51	12:12	50	14:00	310	19:41	12.10	1:41:48	8:24	43	27:49	276	46:23
Eiserner Handwe	3.60	22:52	6:21	45	7:41	290	10:50	15.70	2:04:40	7:56	43	35:30	282	57:13
Schlüsie	4.10	22:01	5:22	42	6:56	286	10:29	19.80	2:26:41	7:24	43	42:26	286	1:07:42
Loddenke	3.10	17:46	5:43	33	5:14	210	7:48	22.90	2:44:27	7:10	37	47:40	223	1:15:30
Ilseburg/Markt	3.30	20:21	6:10	34	6:59	221	9:19	26.20	3:04:48	7:03	42	54:39	279	1:24:49