



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Kretschmer, Ralf

Club: Hansestadt Stendal
Number: 228

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:05:10

Speed: 8.42 km/h
Running performance: 7:04 min/km

Rank in course/Total: 331 (of 418)

Rank in course/Men: 281 (of 336)

Best time in course: 1:39:59

Rank in category: 43(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	19:16	5:50	22	2:32	161	7:16	3.30	19:16	5:50	22	2:32	161	7:16
Schlüsie	3.10	22:54	7:23	40	4:40	257	9:27	6.40	42:10	6:35	31	7:42	217	16:43
Hermannsklippe	2.60	23:25	9:00	49	7:45	313	11:37	9.00	1:05:35	7:17	43	15:27	268	28:20
Brocken	3.10	34:54	11:15	39	11:03	266	16:44	12.10	1:40:29	8:18	42	26:30	267	45:04
Eiserner Handwe	3.60	24:20	6:45	48	9:09	308	12:18	15.70	2:04:49	7:57	44	35:39	284	57:22
Schlüsie	4.10	22:19	5:26	44	7:14	289	10:47	19.80	2:27:08	7:25	44	42:53	289	1:08:09
Loddenke	3.10	19:37	6:19	41	7:05	236	9:39	22.90	2:46:45	7:16	38	49:58	227	1:17:48
Ilseburg/Markt	3.30	18:25	5:34	29	5:03	175	7:23	26.20	3:05:10	7:04	43	55:01	281	1:25:11