



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Lahl, Sebastian

Club: Bremen  
Number: 237

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 3:07:24

Speed: 8.32 km/h  
Running performance: 7:09 min/km

Rank in course/Total: 343 (of 418)

Rank in course/Men: 289 (of 336)

Best time in course: 1:39:59

Rank in category: 22(of 22)

Best time in the category: 1:59:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:43	5:58	11	6:35	181	7:43	3.30	19:43	5:58	11	6:35	181	7:43
Schlüsie	3.10	22:05	7:07	16	6:35	216	8:38	6.40	41:48	6:31	16	11:46	209	16:21
Hermannsklippe	2.60	21:24	8:13	22	7:43	268	9:36	9.00	1:03:12	7:01	18	19:29	235	25:57
Brocken	3.10	32:39	10:31	20	10:15	220	14:29	12.10	1:35:51	7:55	20	29:44	233	40:26
Eiserner Handwe	3.60	26:34	7:22	22	11:45	325	14:32	15.70	2:02:25	7:47	21	41:29	269	54:58
Schlüsie	4.10	24:41	6:01	21	10:17	322	13:09	19.80	2:27:06	7:25	21	51:46	288	1:08:07
Loddenke	3.10	20:08	6:29	18	8:53	244	10:10	22.90	2:47:14	7:18	18	1:00:39	230	1:18:17
Ilseburg/Markt	3.30	20:10	6:06	18	7:32	216	9:08	26.20	3:07:24	7:09	22	1:08:11	289	1:27:25