



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Schmidt, Carsten

Club: Reppenstedt
Number: 362

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:10:45

Speed: 8.24 km/h
Running performance: 7:17 min/km

Rank in course/Total: 352 (of 418)

Rank in course/Men: 294 (of 336)

Best time in course: 1:39:59

Rank in category: 54(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	21:13	6:25	46	6:43	254	9:13	3.30	21:13	6:25	46	6:43	254	9:13
Schlüsie	3.10	22:57	7:24	48	7:22	258	9:30	6.40	44:10	6:54	48	14:05	257	18:43
Hermannsklippe	2.60	21:31	8:16	50	7:37	270	9:43	9.00	1:05:41	7:17	51	21:42	269	28:26
Brocken	3.10	38:27	12:24	55	15:41	316	20:17	12.10	1:44:08	8:36	55	37:17	294	48:43
Eiserner Handwe	3.60	20:31	5:41	43	6:12	218	8:29	15.70	2:04:39	7:56	55	42:05	281	57:12
Schlüsie	4.10	20:46	5:03	48	7:15	262	9:14	19.80	2:25:25	7:20	55	49:20	278	1:06:26
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	45:20	13:44	60	32:30	335	34:18	26.20	3:10:45	7:16	54	1:10:00	294	1:30:46