



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Arefiev, Oleksandr

Club: Endurance School  
Number: 41

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:10:58

Speed: 8.17 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 354 (of 418)

Rank in course/Men: 295 (of 336)

Best time in course: 1:39:59

Rank in category: 20(of 22)

Best time in the category: 1:39:59

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	23:53	7:14	21	11:53	322	11:53	3.30	23:53	7:14	21	11:53	322	11:53
Schlüsie	3.10	26:18	8:29	22	12:51	316	12:51	6.40	50:11	7:50	22	24:44	321	24:44
Hermannsklippe	2.60	23:54	9:11	22	12:06	316	12:06	9.00	1:14:05	8:13	22	36:50	320	36:50
Brocken	3.10	35:40	11:30	18	17:30	277	17:30	12.10	1:49:45	9:04	22	54:20	313	54:20
Eiserner Handwe	3.60	23:57	6:39	21	11:55	302	11:55	15.70	2:13:42	8:30	21	1:06:15	316	1:06:15
Schlüsie	4.10	21:19	5:11	18	9:47	274	9:47	19.80	2:35:01	7:49	21	1:16:02	310	1:16:02
Loddenke	3.10	17:29	5:38	12	7:31	205	7:31	22.90	2:52:30	7:31	14	1:23:33	240	1:23:33
Ilseburg/Markt	3.30	18:28	5:35	10	7:26	178	7:26	26.20	3:10:58	7:17	20	1:30:59	295	1:30:59