



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Laube, Stefan

Club: Barsinghausen
Number: 243

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:12:51

Speed: 8.15 km/h
Running performance: 7:22 min/km

Rank in course/Total: 358 (of 418)

Rank in course/Men: 297 (of 336)

Best time in course: 1:39:59

Rank in category: 46(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	22:29	6:48	48	5:45	299	10:29	3.30	22:29	6:48	48	5:45	299	10:29
Schlüsie	3.10	26:12	8:27	50	7:58	315	12:45	6.40	48:41	7:36	48	14:13	312	23:14
Hermannsklippe	2.60	22:08	8:30	44	6:28	290	10:20	9.00	1:10:49	7:52	47	20:41	309	33:34
Brocken	3.10	37:50	12:12	49	13:59	309	19:40	12.10	1:48:39	8:58	47	34:40	308	53:14
Eiserner Handwe	3.60	21:38	6:00	35	6:27	250	9:36	15.70	2:10:17	8:17	46	41:07	302	1:02:50
Schlüsie	4.10	22:28	5:28	45	7:23	292	10:56	19.80	2:32:45	7:42	46	48:30	303	1:13:46
Loddenke	3.10	18:30	5:58	38	5:58	222	8:32	22.90	2:51:15	7:28	41	54:28	237	1:22:18
Ilseburg/Markt	3.30	21:36	6:32	38	8:14	235	10:34	26.20	3:12:51	7:21	46	1:02:42	297	1:32:52