



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Golnik, Markus

Club: SG Lauffreunde Harz
Number: 141

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:14:47

Speed: 8.01 km/h
Running performance: 7:26 min/km

Rank in course/Total: 365 (of 418)

Rank in course/Men: 304 (of 336)

Best time in course: 1:39:59

Rank in category: 49(of 50)

Best time in the category: 1:55:06

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	21:43	6:34	45	8:17	275	9:43	3.30	21:43	6:34	45	8:17	275	9:43
Schlüsie	3.10	24:15	7:49	48	8:55	287	10:48	6.40	45:58	7:10	47	17:12	292	20:31
Hermannsklippe	2.60	21:37	8:18	48	8:29	276	9:49	9.00	1:07:35	7:30	48	25:24	293	30:20
Brocken	3.10	37:16	12:01	50	16:23	301	19:06	12.10	1:44:51	8:39	48	40:56	297	49:26
Eiserner Handwe	3.60	25:42	7:08	50	12:03	316	13:40	15.70	2:10:33	8:18	50	52:16	306	1:03:06
Schlüsie	4.10	25:33	6:13	50	12:50	325	14:01	19.80	2:36:06	7:53	50	1:04:26	313	1:17:07
Loddenke	3.10	19:38	6:19	34	8:32	237	9:40	22.90	2:55:44	7:40	38	1:12:58	248	1:26:47
Ilseburg/Markt	3.30	19:03	5:46	30	6:44	193	8:01	26.20	3:14:47	7:26	49	1:19:41	304	1:34:48