



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Seelig, Michael

Club: Seelze
Number: 379

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:21:40

Speed: 7.80 km/h
Running performance: 7:42 min/km

Rank in course/Total: 382 (of 418)

Rank in course/Men: 314 (of 336)

Best time in course: 1:39:59

Rank in category: 55(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	21:55	6:38	51	7:25	282	9:55	3.30	21:55	6:38	51	7:25	282	9:55
Schlüsie	3.10	24:53	8:01	56	9:18	301	11:26	6.40	46:48	7:18	55	16:43	301	21:21
Hermannsklippe	2.60	23:46	9:08	56	9:52	315	11:58	9.00	1:10:34	7:50	56	26:35	307	33:19
Brocken	3.10	39:27	12:43	58	16:41	325	21:17	12.10	1:50:01	9:05	56	43:10	316	54:36
Eiserner Handwe	3.60	22:53	6:21	53	8:34	291	10:51	15.70	2:12:54	8:27	56	50:20	312	1:05:27
Schlüsie	4.10	24:26	5:57	57	10:55	319	12:54	19.80	2:37:20	7:56	56	1:01:15	316	1:18:21
Loddenke	3.10	20:58	6:45	45	9:09	254	11:00	22.90	2:58:18	7:47	44	1:09:01	253	1:29:21
Ilseburg/Markt	3.30	23:22	7:04	45	10:32	256	12:20	26.20	3:21:40	7:41	55	1:20:55	314	1:41:41