



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: 7.74 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. | Stage score | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|----------|-------------|-------------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | | | | | | 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 |