



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Hanel, Gerd

Club: Hannover
Number: 153

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:22:03

Speed: 7.72 km/h
Running performance: 7:43 min/km

Rank in course/Total: 383 (of 418)

Rank in course/Men: 315 (of 336)

Best time in course: 1:39:59

Rank in category: 51(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	24:44	7:29	53	8:00	327	12:44	3.30	24:44	7:29	53	8:00	327	12:44
Schlüsie	3.10	25:53	8:20	49	7:39	309	12:26	6.40	50:37	7:54	53	16:09	325	25:10
Hermannsklippe	2.60	23:19	8:58	48	7:39	311	11:31	9.00	1:13:56	8:12	52	23:48	319	36:41
Brocken	3.10	37:26	12:04	47	13:35	305	19:16	12.10	1:51:22	9:12	51	37:23	318	55:57
Eiserner Handwe	3.60	24:34	6:49	49	9:23	311	12:32	15.70	2:15:56	8:39	51	46:46	318	1:08:29
Schlüsie	4.10	23:54	5:49	51	8:49	313	12:22	19.80	2:39:50	8:04	51	55:35	318	1:20:51
Loddenke	3.10	19:18	6:13	40	6:46	233	9:20	22.90	2:59:08	7:49	45	1:02:21	254	1:30:11
Ilseburg/Markt	3.30	22:55	6:56	44	9:33	251	11:53	26.20	3:22:03	7:42	51	1:11:54	315	1:42:04