



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Sehring, Florian

Club: Harzer Keiler e.V.
Number: 380

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:23:36

Speed: 7.66 km/h
Running performance: 7:46 min/km

Rank in course/Total: 385 (of 418)

Rank in course/Men: 316 (of 336)

Best time in course: 1:39:59

Rank in category: 22(of 22)

Best time in the category: 1:39:59

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	21:07	6:23	19	9:07	249	9:07	3.30	21:07	6:23	19	9:07	249	9:07
Schlüsie	3.10	26:07	8:25	21	12:40	314	12:40	6.40	47:14	7:22	20	21:47	306	21:47
Hermannsklippe	2.60	23:06	8:53	21	11:18	306	11:18	9.00	1:10:20	7:48	21	33:05	306	33:05
Brocken	3.10	38:00	12:15	22	19:50	313	19:50	12.10	1:48:20	8:57	21	52:55	307	52:55
Eiserner Handwe	3.60	26:03	7:14	22	14:01	321	14:01	15.70	2:14:23	8:33	22	1:06:56	317	1:06:56
Schlüsie	4.10	25:24	6:11	22	13:52	324	13:52	19.80	2:39:47	8:04	22	1:20:48	317	1:20:48
Loddenke	3.10	22:00	7:05	15	12:02	261	12:02	22.90	3:01:47	7:56	15	1:32:50	256	1:32:50
Ilseburg/Markt	3.30	21:49	6:36	14	10:47	240	10:47	26.20	3:23:36	7:46	22	1:43:37	316	1:43:37