



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Berger, Stephan

Club: LC Nanyuma
Number: 469

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:25:34

Speed: 7.59 km/h
Running performance: 7:51 min/km

Rank in course/Total: 388 (of 418)

Rank in course/Men: 319 (of 336)

Best time in course: 1:39:59

Rank in category: 56(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	19:45	5:59	32	5:15	184	7:45	3.30	19:45	5:59	32	5:15	184	7:45
Schlüsie	3.10	20:10	6:30	22	4:35	126	6:43	6.40	39:55	6:14	26	9:50	150	14:28
Hermannsklippe	2.60	18:20	7:03	26	4:26	150	6:32	9.00	58:15	6:28	25	14:16	151	21:00
Brocken	3.10	29:42	9:34	24	6:56	144	11:32	12.10	1:27:57	7:16	24	21:06	143	32:32
Eiserner Handwe	3.60	18:58	5:16	29	4:39	150	6:56	15.70	1:46:55	6:48	25	24:21	144	39:28
Schlüsie	4.10	23:54	5:49	56	10:23	313	12:22	19.80	2:10:49	6:36	31	34:44	193	51:50
Loddenke	3.10	37:27	12:04	47	25:38	272	27:29	22.90	2:48:16	7:20	43	58:59	233	1:19:19
Ilseburg/Markt	3.30	37:18	11:18	58	24:28	328	26:16	26.20	3:25:34	7:50	56	1:24:49	319	1:45:35