



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Meyer, Stefan

Club: Soltau
Number: 275

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:35:27

Speed: 7.30 km/h
Running performance: 8:13 min/km

Rank in course/Total: 401 (of 418)

Rank in course/Men: 328 (of 336)

Best time in course: 1:39:59

Rank in category: 53(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Loddenke	3.30	23:39	7:10	52	6:55	317	11:39	3.30	23:39	7:10	52	6:55	317	11:39
Schlüsie	3.10	25:36	8:15	47	7:22	306	12:09	6.40	49:15	7:41	50	14:47	315	23:48
Hermannsklippe	2.60	24:26	9:23	52	8:46	321	12:38	9.00	1:13:41	8:11	51	23:33	318	36:26
Brocken	3.10	38:59	12:34	52	15:08	319	20:49	12.10	1:52:40	9:18	52	38:41	319	57:15
Eiserner Handwe	3.60	28:24	7:53	53	13:13	330	16:22	15.70	2:21:04	8:59	53	51:54	323	1:13:37
Schlüsie	4.10	29:53	7:17	54	14:48	335	18:21	19.80	2:50:57	8:38	53	1:06:42	328	1:31:58
Loddenke	3.10	21:48	7:01	46	9:16	260	11:50	22.90	3:12:45	8:25	47	1:15:58	264	1:43:48
Ilseburg/Markt	3.30	22:42	6:52	43	9:20	250	11:40	26.20	3:35:27	8:13	53	1:25:18	328	1:55:28