



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Heins, Manfred

Club: Zeven
Number: 165

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:40:21

Speed: 7.08 km/h
Running performance: 8:25 min/km

Rank in course/Total: 402 (of 418)

Rank in course/Men: 329 (of 336)

Best time in course: 1:39:59

Rank in category: 43(of 43)

Best time in the category: 1:59:27

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	23:49	7:13	41	8:52	319	11:49	3.30	23:49	7:13	41	8:52	319	11:49
Schlüsie	3.10	26:31	8:33	41	10:44	320	13:04	6.40	50:20	7:51	43	19:10	324	24:53
Hermannsklippe	2.60	25:26	9:46	43	11:54	327	13:38	9.00	1:15:46	8:25	43	31:04	325	38:31
Brocken	3.10	40:21	13:00	43	18:38	327	22:11	12.10	1:56:07	9:35	43	49:42	326	1:00:42
Eiserner Handwe	3.60	34:00	9:26	43	19:08	335	21:58	15.70	2:30:07	9:33	43	1:08:50	329	1:22:40
Schlüsie	4.10	28:53	7:02	43	14:38	333	17:21	19.80	2:59:00	9:02	43	1:22:56	329	1:40:01
Loddenke	3.10	20:31	6:37	34	9:04	247	10:33	22.90	3:19:31	8:42	34	1:32:00	265	1:50:34
Ilseburg/Markt	3.30	20:50	6:18	32	8:54	227	9:48	26.20	3:40:21	8:24	43	1:40:54	329	2:00:22