



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Heike, Benjamin

Club: Braunschweig  
Number: 186

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:18:19

Speed: 11.37 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 83 (of 467)

Rank in course/Men: 77 (of 387)

Best time in course: 1:40:22

Rank in category: 11 (of 31)

Best time in the category: 1:40:22

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	20:45	6:17	28	8:13	283	8:14	3.30	20:45	6:17	28	8:13	283	8:14
Schlüsie	3.10	19:07	6:10	13	6:03	103	6:03	6.40	39:52	6:13	20	14:16	178	14:16
Hermannsklippe	2.60	16:10	6:13	11	4:49	83	4:49	9.00	56:02	6:13	16	19:05	146	19:05
Brocken	3.10	25:58	8:22	11	8:11	82	8:11	12.10	1:22:00	6:46	13	27:16	115	27:16
Eiserner Handwe	3.60	15:39	4:20	8	3:19	51	3:19	15.70	1:37:39	6:13	12	30:34	96	30:34
Schlüsie	4.10	15:27	3:46	11	3:51	63	3:51	19.80	1:53:06	5:42	12	34:01	91	34:01
Loddenke	3.10	12:19	3:58	7	2:24	43	2:24	22.90	2:05:25	5:28	11	36:14	84	36:14
Ilseburg/Markt	3.30	12:54	3:54	6	2:04	19	2:06	26.20	2:18:19	5:16	11	37:57	77	37:57