



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Langner, Matthias

Club: Hannover Runners
Number: 265

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:31:24

Speed: 10.38 km/h
Running performance: 5:47 min/km

Rank in course/Total: 162 (of 467)

Rank in course/Men: 149 (of 387)

Best time in course: 1:40:22

Rank in category: 30 (of 59)

Best time in the category: 1:47:09

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	19:29	5:54	39	5:49	211	6:58	3.30	19:29	5:54	39	5:49	211	6:58
Schlüsie	3.10	19:40	6:20	28	5:08	132	6:36	6.40	39:09	6:07	30	10:57	160	13:33
Hermannsklippe	2.60	17:39	6:47	31	4:59	153	6:18	9.00	56:48	6:18	31	15:56	156	19:51
Brocken	3.10	30:09	9:43	35	10:16	186	12:22	12.10	1:26:57	7:11	35	26:01	174	32:13
Eiserner Handwe	3.60	19:00	5:16	32	6:12	183	6:40	15.70	1:45:57	6:44	35	32:13	172	38:52
Schlüsie	4.10	16:30	4:01	22	4:22	102	4:54	19.80	2:02:27	6:11	31	36:35	158	43:22
Loddenke	3.10	13:40	4:24	22	3:32	111	3:45	22.90	2:16:07	5:56	31	40:07	153	46:56
Ilseburg/Markt	3.30	15:17	4:37	28	4:08	137	4:29	26.20	2:31:24	5:46	30	44:15	149	51:02