



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Waldhaus, Uwe

Club: SV Werder Bremen  
Number: 482

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:10:07

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 50 (of 467)

Rank in course/Men: 49 (of 387)

Best time in course: 1:40:22

Rank in category: 10(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	14:37	4:25	4	0:57	19	2:06	3.30	14:37	4:25	60	0:57	20	2:06
Schlüsie	3.10	16:03	5:10	4	1:31	21	2:59	6.40	30:40	4:47	60	2:28	388	5:04
Hermannsklippe	2.60	14:15	5:28	6	1:35	29	2:54	9.00	44:55	4:59	60	4:03	388	7:58
Brocken	3.10	22:10	7:09	4	2:17	17	4:23	12.10	1:07:05	5:32	60	6:09	388	12:21
Eiserner Handwe	3.60	17:31	4:51	22	4:43	116	5:11	15.70	1:24:36	5:23	60	10:52	388	17:31
Schlüsie	4.10	16:29	4:01	21	4:21	101	4:53	19.80	1:41:05	5:06	60	15:13	388	22:00
Loddenke	3.10	13:58	4:30	26	3:50	129	4:03	22.90	1:55:03	5:01	60	19:03	384	25:52
Ilseburg/Markt	3.30	15:04	4:33	24	3:55	121	4:16	26.20	2:10:07	4:57	10	22:58	49	29:45