



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Golembowski, Oliver

Club: Jena
Number: 164

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:29:49

Speed: 10.49 km/h
Running performance: 5:43 min/km

Rank in course/Total: 153 (of 467)

Rank in course/Men: 142 (of 387)

Best time in course: 1:40:22

Rank in category: 29 (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	18:55	5:43	31	5:15	169	6:24	3.30	18:55	5:43	31	5:15	169	6:24
Schlüsie	3.10	20:26	6:35	33	5:54	164	7:22	6.40	39:21	6:08	32	11:09	165	13:45
Hermannsklippe	2.60	18:21	7:03	37	5:41	196	7:00	9.00	57:42	6:24	35	16:50	174	20:45
Brocken	3.10	28:55	9:19	30	9:02	152	11:08	12.10	1:26:37	7:09	34	25:41	170	31:53
Eiserner Handwe	3.60	18:24	5:06	26	5:36	153	6:04	15.70	1:45:01	6:41	31	31:17	162	37:56
Schlüsie	4.10	17:00	4:08	24	4:52	121	5:24	19.80	2:02:01	6:09	30	36:09	154	42:56
Loddenke	3.10	13:33	4:22	18	3:25	102	3:38	22.90	2:15:34	5:55	30	39:34	148	46:23
Ilseburg/Markt	3.30	14:15	4:19	15	3:06	79	3:27	26.20	2:29:49	5:43	29	42:40	142	49:27