



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Sternberg, Ulf

Club: Harz-Gebirgslaufverein Wernigerode
Number: 31

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:38:16

Speed: 9.93 km/h
Running performance: 6:02 min/km

Rank in course/Total: 208 (of 467)

Rank in course/Men: 188 (of 387)

Best time in course: 1:40:22

Rank in category: 30 (of 67)

Best time in the category: 2:02:48

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	19:57	6:02	41	4:35	242	7:26	3.30	19:57	6:02	41	4:35	242	7:26
Schlüsie	3.10	21:37	6:58	40	5:43	231	8:33	6.40	41:34	6:29	42	10:06	238	15:58
Hermannsklippe	2.60	18:22	7:03	35	4:16	198	7:01	9.00	59:56	6:39	37	14:22	216	22:59
Brocken	3.10	29:59	9:40	31	7:54	178	12:12	12.10	1:29:55	7:25	37	22:16	205	35:11
Eiserner Handwe	3.60	18:26	5:07	29	3:51	156	6:06	15.70	1:48:21	6:54	32	25:15	189	41:16
Schlüsie	4.10	18:07	4:25	30	4:28	184	6:31	19.80	2:06:28	6:23	30	28:35	185	47:23
Loddenke	3.10	15:06	4:52	31	3:28	203	5:11	22.90	2:21:34	6:10	30	31:58	187	52:23
Ilseburg/Markt	3.30	16:42	5:03	34	3:46	205	5:54	26.20	2:38:16	6:02	30	35:28	188	57:54