



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Cherek, Uwe

Club: Roadrunner Hamburg
Number: 30

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:13:09

Speed: 11.81 km/h
Running performance: 5:05 min/km

Rank in course/Total: 59 (of 467)

Rank in course/Men: 56 (of 387)

Best time in course: 1:40:22

Rank in category: 5 (of 66)

Best time in the category: 1:57:01

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	16:22	4:57	7	1:49	54	3:51	3.30	16:22	4:57	7	1:49	54	3:51
Schlüsie	3.10	18:09	5:51	7	2:31	64	5:05	6.40	34:31	5:23	7	4:20	59	8:55
Hermannsklippe	2.60	15:40	6:01	6	1:42	63	4:19	9.00	50:11	5:34	7	6:02	60	13:14
Brocken	3.10	24:54	8:01	6	2:15	58	7:07	12.10	1:15:05	6:12	5	8:17	56	20:21
Eiserner Handwe	3.60	15:25	4:16	5	1:47	41	3:05	15.70	1:30:30	5:45	4	10:04	54	23:25
Schlüsie	4.10	15:06	3:40	7	2:01	54	3:30	19.80	1:45:36	5:20	4	12:05	54	26:31
Loddenke	3.10	13:00	4:11	10	1:52	72	3:05	22.90	1:58:36	5:10	4	13:57	56	29:25
Ilseburg/Markt	3.30	14:33	4:24	14	2:11	92	3:45	26.20	2:13:09	5:04	5	16:08	56	32:47