



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Glodek, Ronny

Club: Berlin
Number: 159

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:45:44

Speed: 9.41 km/h
Running performance: 6:20 min/km

Rank in course/Total: 266 (of 467)

Rank in course/Men: 240 (of 387)

Best time in course: 1:40:22

Rank in category: 44(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	20:40	6:15	46	7:00	276	8:09	3.30	20:40	6:15	60	7:00	388	8:09
Schlüsie	3.10	21:17	6:51	40	6:45	216	8:13	6.40	41:57	6:33	60	13:45	388	16:21
Hermannsklippe	2.60	19:51	7:38	45	7:11	265	8:30	9.00	1:01:48	6:51	60	20:56	388	24:51
Brocken	3.10	31:42	10:13	41	11:49	233	13:55	12.10	1:33:30	7:43	60	32:34	388	38:46
Eiserner Handwe	3.60	19:46	5:29	39	6:58	213	7:26	15.70	1:53:16	7:12	60	39:32	388	46:11
Schlüsie	4.10	19:35	4:46	45	7:27	244	7:59	19.80	2:12:51	6:42	60	46:59	388	53:46
Loddenke	3.10	15:13	4:54	37	5:05	211	5:18	22.90	2:28:04	6:27	60	52:04	384	58:53
Ilseburg/Markt	3.30	17:40	5:21	41	6:31	254	6:52	26.20	2:45:44	6:19	44	58:35	240	1:05:22