



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Lang, Helmut

Club: Hannover Runners e.V.
Number: 262

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:54:04

Speed: 9.03 km/h
Running performance: 6:38 min/km

Rank in course/Total: 319 (of 467)

Rank in course/Men: 284 (of 387)

Best time in course: 1:40:22

Rank in category: 51 (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	21:00	6:21	52	6:27	294	8:29	3.30	21:00	6:21	52	6:27	294	8:29
Schlüsie	3.10	23:10	7:28	51	7:32	301	10:06	6.40	44:10	6:54	53	13:59	298	18:34
Hermannsklippe	2.60	20:02	7:42	48	6:04	274	8:41	9.00	1:04:12	7:08	51	20:03	287	27:15
Brocken	3.10	32:46	10:34	43	10:07	268	14:59	12.10	1:36:58	8:00	51	30:10	286	42:14
Eiserner Handwe	3.60	20:33	5:42	43	6:55	254	8:13	15.70	1:57:31	7:29	50	37:05	279	50:26
Schlüsie	4.10	20:45	5:03	46	7:40	287	9:09	19.80	2:18:16	6:58	51	44:45	279	59:11
Loddenke	3.10	16:41	5:22	48	5:33	278	6:46	22.90	2:34:57	6:45	51	50:18	276	1:05:46
Ilseburg/Markt	3.30	19:07	5:47	54	6:45	309	8:19	26.20	2:54:04	6:38	51	57:03	284	1:13:42