



# 50. Brockenlauf

Ilseburg / 04.09.2021

## Detailed evaluation

**Frank, Jörg**

Club: Düsseldorf  
Number: 127

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:58:00

Speed: 8.83 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 339 (of 467)

Rank in course/Men: 299 (of 387)

Best time in course: 1:40:22

Rank in category: 49 (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	18:34	5:37	26	4:54	143	6:03	3.30	18:34	5:37	26	4:54	143	6:03
Schlüsie	3.10	22:18	7:11	46	7:46	263	9:14	6.40	40:52	6:23	39	12:40	210	15:16
Hermannsklippe	2.60	20:03	7:42	46	7:23	275	8:42	9.00	1:00:55	6:46	43	20:03	241	23:58
Brocken	3.10	37:49	12:11	56	17:56	353	20:02	12.10	1:38:44	8:09	47	37:48	296	44:00
Eiserner Handwe	3.60	21:14	5:53	48	8:26	281	8:54	15.70	1:59:58	7:38	46	46:14	297	52:53
Schlüsie	4.10	20:18	4:57	48	8:10	273	8:42	19.80	2:20:16	7:05	48	54:24	293	1:01:11
Loddenke	3.10	17:42	5:42	54	7:34	312	7:47	22.90	2:37:58	6:53	48	1:01:58	290	1:08:47
Ilseburg/Markt	3.30	20:02	6:04	54	8:53	338	9:14	26.20	2:58:00	6:47	49	1:10:51	299	1:17:38