



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Hammer, Jonas

Club: Wedemark  
Number: 179

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:01:25

Speed: 8.67 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 360 (of 467)

Rank in course/Men: 314 (of 387)

Best time in course: 1:40:22

Rank in category: 30 (of 31)

Best time in the category: 1:40:22

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	19:27	5:53	22	6:55	210	6:56	3.30	19:27	5:53	22	6:55	210	6:56
Schlüsie	3.10	21:29	6:55	23	8:25	224	8:25	6.40	40:56	6:23	22	15:20	215	15:20
Hermannsklippe	2.60	20:04	7:43	29	8:43	278	8:43	9.00	1:01:00	6:46	23	24:03	242	24:03
Brocken	3.10	32:48	10:34	27	15:01	270	15:01	12.10	1:33:48	7:45	24	39:04	252	39:04
Eiserner Handwe	3.60	25:45	7:09	31	13:25	367	13:25	15.70	1:59:33	7:36	29	52:28	289	52:28
Schlüsie	4.10	24:32	5:59	30	12:56	363	12:56	19.80	2:24:05	7:16	29	1:05:00	310	1:05:00
Loddenke	3.10	18:03	5:49	30	8:08	323	8:08	22.90	2:42:08	7:04	29	1:12:57	309	1:12:57
Ilseburg/Markt	3.30	19:17	5:50	29	8:27	316	8:29	26.20	3:01:25	6:55	30	1:21:03	314	1:21:03