



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Fischer, Steffen

Club: LSG80Schmücheläufer
Number: 122

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:16:36

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 425 (of 467)

Rank in course/Men: 359 (of 387)

Best time in course: 1:40:22

Rank in category: 46(of 50)

Best time in the category: 1:43:53

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	22:58	6:57	47	9:19	361	10:27	3.30	22:58	6:57	51	9:19	388	10:27
Schlüsie	3.10	25:27	8:12	47	11:17	359	12:23	6.40	48:25	7:33	51	20:36	388	22:49
Hermannsklippe	2.60	22:49	8:46	47	10:56	359	11:28	9.00	1:11:14	7:54	51	31:32	388	34:17
Brocken	3.10	37:38	12:08	44	19:06	350	19:51	12.10	1:48:52	8:59	51	50:38	388	54:08
Eiserner Handwe	3.60	25:40	7:07	45	12:58	365	13:20	15.70	2:14:32	8:34	51	1:03:36	388	1:07:27
Schlüsie	4.10	23:21	5:41	41	11:14	345	11:45	19.80	2:37:53	7:58	51	1:14:50	388	1:18:48
Loddenke	3.10	18:35	5:59	39	8:33	334	8:40	22.90	2:56:28	7:42	49	1:23:23	384	1:27:17
Ilseburg/Markt	3.30	20:08	6:06	42	9:20	340	9:20	26.20	3:16:36	7:30	46	1:32:43	359	1:36:14