



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Holz, Marcus

Club: Leiferde  
Number: 202

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:50:02

Speed: 9.25 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 294 (of 467)

Rank in course/Men: 263 (of 387)

Best time in course: 1:40:22

Rank in category: 46 (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	20:11	6:06	42	5:38	258	7:40	3.30	20:11	6:06	42	5:38	258	7:40
Schlüsie	3.10	22:01	7:06	44	6:23	252	8:57	6.40	42:12	6:35	43	12:01	257	16:36
Hermannsklippe	2.60	18:48	7:13	32	4:50	217	7:27	9.00	1:01:00	6:46	39	16:51	242	24:03
Brocken	3.10	32:53	10:36	46	10:14	273	15:06	12.10	1:33:53	7:45	41	27:05	253	39:09
Eiserner Handwe	3.60	23:19	6:28	60	9:41	338	10:59	15.70	1:57:12	7:27	49	36:46	275	50:07
Schlüsie	4.10	20:51	5:05	48	7:46	291	9:15	19.80	2:18:03	6:58	49	44:32	275	58:58
Loddenke	3.10	15:02	4:50	32	3:54	199	5:07	22.90	2:33:05	6:41	45	48:26	261	1:03:54
Ilseburg/Markt	3.30	16:57	5:08	37	4:35	219	6:09	26.20	2:50:02	6:29	46	53:01	263	1:09:40