



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

### Proßegger, Markus

Club: Hannover  
Number: 28

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:18:35

Speed: 7.92 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 378 (of 418)

Rank in course/Men: 312 (of 336)

Best time in course: 1:39:59

Rank in category: 21(of 22)

Best time in the category: 1:39:59

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	20:24	6:10	17	8:24	214	8:24	3.30	20:24	6:10	17	8:24	214	8:24
Schlüsie	3.10	22:37	7:17	17	9:10	239	9:10	6.40	43:01	6:43	17	17:34	238	17:34
Hermannsklippe	2.60	22:56	8:49	20	11:08	304	11:08	9.00	1:05:57	7:19	17	28:42	270	28:42
Brocken	3.10	37:27	12:04	21	19:17	306	19:17	12.10	1:43:24	8:32	20	47:59	288	47:59
Eiserner Handwe	3.60	22:45	6:19	19	10:43	284	10:43	15.70	2:06:09	8:02	20	58:42	291	58:42
Schlüsie	4.10	23:37	5:45	21	12:05	311	12:05	19.80	2:29:46	7:33	20	1:10:47	296	1:10:47
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	48:49	14:47	22	37:47	336	37:47	26.20	3:18:35	7:34	21	1:38:36	312	1:38:36