



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Holtstiege, Dirk

Club: Abbenrode
Number: 642

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 52:01

Speed: 10.38 km/h
Running performance: 5:25 min/km

Rank in course/Total: 64 (of 169)

Rank in course/Men: 46 (of 101)

Best time in course: 34:38

Rank in category: 5(of 8)

Best time in the category: 41:03

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ilsestein | 4.10 | 25:39 | 6:15 | 4 | 5:44 | 44 | 8:39 | 4.10 | 25:39 | 6:15 | 4 | 5:44 | 45 | 25:39 |
| Loddenke | 2.20 | 10:26 | 4:44 | 5 | 2:18 | 53 | 3:39 | 6.30 | 36:05 | 5:43 | 4 | 8:02 | 46 | 12:18 |
| Ilseburg/Markt | 3.30 | 15:56 | 4:49 | 5 | 2:56 | 51 | 5:17 | 9.60 | 52:01 | 5:25 | 5 | 10:58 | 46 | 17:23 |