



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