



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Turk, Michael

Club: Harz-Gebirgslauf Wernigerode
Number: 712

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:28

Speed: 10.10 km/h
Running performance: 5:34 min/km

Rank in course/Total: 78 (of 169)

Rank in course/Men: 56 (of 101)

Best time in course: 34:38

Rank in category: 9(of 11)

Best time in the category: 42:18

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	27:09	6:37	9	6:34	60	10:09	4.10	27:09	6:37	9	6:34	61	27:09
Loddenke	2.20	10:02	4:33	8	1:47	43	3:15	6.30	37:11	5:54	9	8:21	53	13:24
Ilseburg/Markt	3.30	16:17	4:56	10	2:49	58	5:38	9.60	53:28	5:34	9	11:10	56	18:50