



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Meißner, Sebastian

Club: NSV Wernigerode
Number: 287

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:54:56

Speed: 13.57 km/h
Running performance: 4:23 min/km

Rank in course/Total: 4 (of 537)

Rank in course/Men: 4 (of 440)

Best time in course: 1:41:44

Rank in category: 1(of 57)

Best time in the category: 1:54:56

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	14:17	4:19	1	-	13	2:05	3.30	14:17	4:19	1	-	13	2:05
Schlüsie	3.10	15:45	5:04	1	-	10	2:21	6.40	30:02	4:41	1	-	11	4:26
Hermannsklippe	2.60	13:40	5:15	1	-	5	1:46	9.00	43:42	4:51	1	-	9	6:12
Brocken	3.10	20:49	6:42	1	-	3	2:36	12.10	1:04:31	5:19	1	-	4	8:48
Eiserner Handwe	3.60	13:37	3:46	1	-	4	1:01	15.70	1:18:08	4:58	1	-	4	9:49
Schlüsie	4.10	13:18	3:14	1	-	8	1:21	19.80	1:31:26	4:37	1	-	4	11:10
Loddenke	3.10	11:19	3:39	1	-	14	1:15	22.90	1:42:45	4:29	1	-	4	12:25
Ilseburg/Markt	3.30	12:11	3:41	1	-	5	0:47	26.20	1:54:56	4:23	1	-	4	13:12