



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Dieckmann, Jan-Philip

Club: Volkswagen R Trailrunning
Number: 492

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:56:45

Speed: 13.36 km/h
Running performance: 4:28 min/km

Rank in course/Total: 6 (of 537)

Rank in course/Men: 6 (of 440)

Best time in course: 1:41:44

Rank in category: 2(of 47)

Best time in the category: 1:41:44

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	14:09	4:17	3	1:57	12	1:57	3.30	14:09	4:17	3	1:57	12	1:57
Schlüsie	3.10	16:24	5:17	5	3:00	23	3:00	6.40	30:33	4:46	3	4:57	13	4:57
Hermannsklippe	2.60	14:15	5:28	4	2:21	20	2:21	9.00	44:48	4:58	4	7:18	15	7:18
Brocken	3.10	23:37	7:37	4	5:24	26	5:24	12.10	1:08:25	5:39	4	12:42	18	12:42
Eiserner Handwe	3.60	13:13	3:40	2	0:37	3	0:37	15.70	1:21:38	5:11	3	13:19	11	13:19
Schlüsie	4.10	12:56	3:09	2	0:59	2	0:59	19.80	1:34:34	4:46	3	14:18	10	14:18
Loddenke	3.10	10:31	3:23	2	0:27	2	0:27	22.90	1:45:05	4:35	3	14:45	7	14:45
Ilseburg/Markt	3.30	11:40	3:32	2	0:16	2	0:16	26.20	1:56:45	4:27	2	15:01	6	15:01