



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

En-Nabgha, Said

Club: Edemissen
Number: 494

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:00:24

Speed: 12.96 km/h
Running performance: 4:36 min/km

Rank in course/Total: 11 (of 537)

Rank in course/Men: 11 (of 440)

Best time in course: 1:41:44

Rank in category: 4(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	14:58	4:32	7	2:46	28	2:46	3.30	14:58	4:32	7	2:46	28	2:46
Schlüsie	3.10	15:42	5:03	2	2:18	7	2:18	6.40	30:40	4:47	4	5:04	15	5:04
Hermannsklippe	2.60	14:07	5:25	3	2:13	16	2:13	9.00	44:47	4:58	3	7:17	13	7:17
Brocken	3.10	23:26	7:33	3	5:13	23	5:13	12.10	1:08:13	5:38	3	12:30	16	12:30
Eiserner Handwe	3.60	13:57	3:52	3	1:21	7	1:21	15.70	1:22:10	5:14	4	13:51	13	13:51
Schlüsie	4.10	13:37	3:19	5	1:40	16	1:40	19.80	1:35:47	4:50	4	15:31	11	15:31
Loddenke	3.10	11:32	3:43	5	1:28	20	1:28	22.90	1:47:19	4:41	4	16:59	11	16:59
Ilseburg/Markt	3.30	13:05	3:57	5	1:41	22	1:41	26.20	2:00:24	4:35	4	18:40	11	18:40