



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Elfers, Julian

Club: Stader SV  
Number: 106

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:01:23

Speed: 12.85 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 15 (of 537)

Rank in course/Men: 15 (of 440)

Best time in course: 1:41:44

Rank in category: 2(of 34)

Best time in the category: 1:57:58

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	15:17	4:37	5	1:25	33	3:05	3.30	15:17	4:37	5	1:25	33	3:05
Schlüsie	3.10	15:47	5:05	2	0:25	11	2:23	6.40	31:04	4:51	3	1:50	21	5:28
Hermannsklippe	2.60	13:57	5:21	2	0:26	11	2:03	9.00	45:01	5:00	2	2:16	16	7:31
Brocken	3.10	21:34	6:57	2	0:43	6	3:21	12.10	1:06:35	5:30	2	2:59	11	10:52
Eiserner Handwe	3.60	14:45	4:05	2	0:14	22	2:09	15.70	1:21:20	5:10	2	2:15	10	13:01
Schlüsie	4.10	15:12	3:42	7	1:47	41	3:15	19.80	1:36:32	4:52	2	2:19	14	16:16
Loddenke	3.10	11:46	3:47	5	0:54	23	1:42	22.90	1:48:18	4:43	2	3:13	13	17:58
Ilseburg/Markt	3.30	13:05	3:57	3	0:27	22	1:41	26.20	2:01:23	4:37	2	3:25	15	19:39