



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Hennig, Christian

Club: Harzer Schwimmverein Wernigerode
Number: 174

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:03:57

Speed: 12.59 km/h
Running performance: 4:44 min/km

Rank in course/Total: 26 (of 537)

Rank in course/Men: 23 (of 440)

Best time in course: 1:41:44

Rank in category: 2(of 55)

Best time in the category: 2:00:57

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	13:57	4:13	1	-	10	1:45	3.30	13:57	4:13	1	-	10	1:45
Schlüsie	3.10	15:42	5:03	1	-	7	2:18	6.40	29:39	4:37	1	-	8	4:03
Hermannsklippe	2.60	14:13	5:28	1	-	19	2:19	9.00	43:52	4:52	1	-	10	6:22
Brocken	3.10	23:06	7:27	1	-	20	4:53	12.10	1:06:58	5:32	1	-	12	11:15
Eiserner Handwe	3.60	14:41	4:04	3	0:33	21	2:05	15.70	1:21:39	5:12	1	-	12	13:20
Schlüsie	4.10	14:37	3:33	3	1:06	26	2:40	19.80	1:36:16	4:51	1	-	13	16:00
Loddenke	3.10	13:15	4:16	8	2:31	71	3:11	22.90	1:49:31	4:46	2	1:01	21	19:11
Ilseburg/Markt	3.30	14:26	4:22	6	1:59	54	3:02	26.20	2:03:57	4:43	2	3:00	23	22:13