



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Steinchen, Burkhard

Club: Münster  
Number: 403

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:06:45

Speed: 12.31 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 34 (of 537)

Rank in course/Men: 31 (of 440)

Best time in course: 1:41:44

Rank in category: 3(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	15:26	4:40	6	1:09	40	3:14	3.30	15:26	4:40	6	1:09	40	3:14
Schlüsie	3.10	17:31	5:39	5	1:46	48	4:07	6.40	32:57	5:08	5	2:55	42	7:21
Hermannsklippe	2.60	15:00	5:46	5	1:20	35	3:06	9.00	47:57	5:19	5	4:15	38	10:27
Brocken	3.10	23:51	7:41	5	3:02	30	5:38	12.10	1:11:48	5:56	4	7:17	35	16:05
Eiserner Handwe	3.60	15:11	4:13	3	1:34	31	2:35	15.70	1:26:59	5:32	4	8:51	35	18:40
Schlüsie	4.10	14:44	3:35	4	1:26	31	2:47	19.80	1:41:43	5:08	4	10:17	36	21:27
Loddenke	3.10	11:55	3:50	2	0:36	27	1:51	22.90	1:53:38	4:57	3	10:53	32	23:18
Ilseburg/Markt	3.30	13:07	3:58	2	0:56	24	1:43	26.20	2:06:45	4:50	3	11:49	31	25:01