



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Waldhaus, Uwe

Club: SV Werder Bremen
Number: 452

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:09:10

Speed: 12.08 km/h
Running performance: 4:56 min/km

Rank in course/Total: 41 (of 537)

Rank in course/Men: 37 (of 440)

Best time in course: 1:41:44

Rank in category: 4(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	14:53	4:30	4	0:36	26	2:41	3.30	14:53	4:30	4	0:36	26	2:41
Schlüsie	3.10	16:19	5:15	3	0:34	21	2:55	6.40	31:12	4:52	3	1:10	24	5:36
Hermannsklippe	2.60	14:39	5:38	3	0:59	28	2:45	9.00	45:51	5:05	3	2:09	25	8:21
Brocken	3.10	22:50	7:21	3	2:01	15	4:37	12.10	1:08:41	5:40	3	4:10	20	12:58
Eiserner Handwe	3.60	15:51	4:24	6	2:14	46	3:15	15.70	1:24:32	5:23	3	6:24	26	16:13
Schlüsie	4.10	15:49	3:51	9	2:31	58	3:52	19.80	1:40:21	5:04	3	8:55	33	20:05
Loddenke	3.10	13:37	4:23	16	2:18	93	3:33	22.90	1:53:58	4:58	4	11:13	36	23:38
Ilseburg/Markt	3.30	15:12	4:36	16	3:01	97	3:48	26.20	2:09:10	4:55	4	14:14	37	27:26