



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Guenther, Ronny

Club: Volkswagen R Trailrunning
Number: 527

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:09:44

Speed: 12.02 km/h
Running performance: 4:57 min/km

Rank in course/Total: 43 (of 537)

Rank in course/Men: 39 (of 440)

Best time in course: 1:41:44

Rank in category: 5(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	15:34	4:43	6	1:37	43	3:22	3.30	15:34	4:43	6	1:37	43	3:22
Schlüsie	3.10	17:14	5:33	4	1:32	40	3:50	6.40	32:48	5:07	4	3:09	38	7:12
Hermannsklippe	2.60	15:38	6:00	5	1:25	51	3:44	9.00	48:26	5:22	5	4:34	42	10:56
Brocken	3.10	25:25	8:11	5	2:19	51	7:12	12.10	1:13:51	6:06	5	6:53	41	18:08
Eiserner Handwe	3.60	14:23	3:59	2	0:15	15	1:47	15.70	1:28:14	5:37	5	6:35	38	19:55
Schlüsie	4.10	14:40	3:34	5	1:09	28	2:43	19.80	1:42:54	5:11	5	6:38	38	22:38
Loddenke	3.10	12:33	4:02	3	1:49	40	2:29	22.90	1:55:27	5:02	5	6:57	38	25:07
Ilseburg/Markt	3.30	14:17	4:19	5	1:50	51	2:53	26.20	2:09:44	4:57	5	8:47	39	28:00