



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Cäsar, Christian

Club: Harz-Gebirgslauf Wernigerode  
Number: 580

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:10:40

Speed: 11.94 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 45 (of 537)

Rank in course/Men: 40 (of 440)

Best time in course: 1:41:44

Rank in category: 5(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     | 14:45      | 4:28         | 2        | 0:28        | 21      | 2:33       | 3.30     | 14:45         | 4:28         | 2        | 0:28        | 21      | 2:33       |
| Schlüsie           | 3.10     | 17:26      | 5:37         | 4        | 1:41        | 45      | 4:02       | 6.40     | 32:11         | 5:01         | 4        | 2:09        | 32      | 6:35       |
| Hermannsklippe     | 2.60     | 15:44      | 6:03         | 7        | 2:04        | 54      | 3:50       | 9.00     | 47:55         | 5:19         | 4        | 4:13        | 35      | 10:25      |
| Brocken            | 3.10     | 27:48      | 8:58         | 19       | 6:59        | 95      | 9:35       | 12.10    | 1:15:43       | 6:15         | 6        | 11:12       | 51      | 20:00      |
| Eiserner Handwe    | 3.60     | 14:49      | 4:06         | 2        | 1:12        | 25      | 2:13       | 15.70    | 1:30:32       | 5:45         | 6        | 12:24       | 45      | 22:13      |
| Schlüsie           | 4.10     | 14:25      | 3:30         | 3        | 1:07        | 24      | 2:28       | 19.80    | 1:44:57       | 5:18         | 5        | 13:31       | 40      | 24:41      |
| Loddenke           | 3.10     | 11:58      | 3:51         | 3        | 0:39        | 28      | 1:54       | 22.90    | 1:56:55       | 5:06         | 5        | 14:10       | 40      | 26:35      |
| Ilseburg/Markt     | 3.30     | 13:45      | 4:10         | 6        | 1:34        | 37      | 2:21       | 26.20    | 2:10:40       | 4:59         | 5        | 15:44       | 40      | 28:56      |