



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