



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Book, Henrik

Club: No f*cking X-Cuses
Number: 63

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:11:56

Speed: 11.82 km/h
Running performance: 5:02 min/km

Rank in course/Total: 48 (of 537)

Rank in course/Men: 43 (of 440)

Best time in course: 1:41:44

Rank in category: 6(of 34)

Best time in the category: 1:57:58

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	15:25	4:40	6	1:33	38	3:13	3.30	15:25	4:40	6	1:33	38	3:13
Schlüsie	3.10	17:18	5:34	9	1:56	42	3:54	6.40	32:43	5:06	6	3:29	37	7:07
Hermannsklippe	2.60	15:58	6:08	9	2:27	61	4:04	9.00	48:41	5:24	8	5:56	44	11:11
Brocken	3.10	28:26	9:10	13	7:35	113	10:13	12.10	1:17:07	6:22	8	13:31	60	21:24
Eiserner Handwe	3.60	14:48	4:06	3	0:17	23	2:12	15.70	1:31:55	5:51	8	12:50	52	23:36
Schlüsie	4.10	14:41	3:34	4	1:16	29	2:44	19.80	1:46:36	5:23	7	12:23	48	26:20
Loddenke	3.10	12:09	3:55	6	1:17	30	2:05	22.90	1:58:45	5:11	7	13:40	46	28:25
Ilseburg/Markt	3.30	13:11	3:59	4	0:33	25	1:47	26.20	2:11:56	5:02	6	13:58	43	30:12