



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein
Number: 26

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:14:01

Speed: 11.64 km/h
Running performance: 5:07 min/km

Rank in course/Total: 56 (of 537)

Rank in course/Men: 50 (of 440)

Best time in course: 1:41:44

Rank in category: 7(of 61)

Best time in the category: 2:00:25

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	15:36	4:43	7	1:05	45	3:24	3.30	15:36	4:43	7	1:05	45	3:24
Schlüsie	3.10	17:42	5:42	7	1:33	52	4:18	6.40	33:18	5:12	7	2:17	46	7:42
Hermannsklippe	2.60	15:52	6:06	7	1:46	57	3:58	9.00	49:10	5:27	7	4:03	48	11:40
Brocken	3.10	26:11	8:26	7	3:41	64	7:58	12.10	1:15:21	6:13	7	7:18	49	19:38
Eiserner Handwe	3.60	16:31	4:35	7	2:32	60	3:55	15.70	1:31:52	5:51	7	9:34	51	23:33
Schlüsie	4.10	15:47	3:50	6	2:15	56	3:50	19.80	1:47:39	5:26	7	11:48	52	27:23
Loddenke	3.10	12:41	4:05	6	1:24	49	2:37	22.90	2:00:20	5:15	7	12:59	51	30:00
Ilseburg/Markt	3.30	13:41	4:08	5	0:44	36	2:17	26.20	2:14:01	5:06	7	13:36	50	32:17