



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Golembowski, Oliver

Club: Run-4-Fun
Number: 145

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:15:09

Speed: 11.54 km/h
Running performance: 5:10 min/km

Rank in course/Total: 58 (of 537)

Rank in course/Men: 52 (of 440)

Best time in course: 1:41:44

Rank in category: 7(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	17:11	5:12	16	2:54	77	4:59	3.30	17:11	5:12	16	2:54	77	4:59
Schlüsie	3.10	18:13	5:52	10	2:28	63	4:49	6.40	35:24	5:31	13	5:22	69	9:48
Hermannsklippe	2.60	15:54	6:06	8	2:14	58	4:00	9.00	51:18	5:41	12	7:36	67	13:48
Brocken	3.10	26:19	8:29	13	5:30	70	8:06	12.10	1:17:37	6:24	10	13:06	64	21:54
Eiserner Handwe	3.60	15:53	4:24	8	2:16	48	3:17	15.70	1:33:30	5:57	9	15:22	60	25:11
Schlüsie	4.10	15:54	3:52	10	2:36	59	3:57	19.80	1:49:24	5:31	9	17:58	58	29:08
Loddenke	3.10	12:24	4:00	4	1:05	32	2:20	22.90	2:01:48	5:19	8	19:03	56	31:28
Ilseburg/Markt	3.30	13:21	4:02	3	1:10	30	1:57	26.20	2:15:09	5:09	7	20:13	52	33:25