



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Groszyk, Jürgen

Club: Soltau
Number: 574

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:18:53

Speed: 11.23 km/h
Running performance: 5:18 min/km

Rank in course/Total: 67 (of 537)

Rank in course/Men: 60 (of 440)

Best time in course: 1:41:44

Rank in category: 10(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	19:26	5:53	29	5:09	206	7:14	3.30	19:26	5:53	29	5:09	206	7:14
Schlüsie	3.10	19:35	6:19	21	3:50	114	6:11	6.40	39:01	6:05	22	8:59	153	13:25
Hermannsklippe	2.60	16:02	6:10	10	2:22	64	4:08	9.00	55:03	6:06	21	11:21	114	17:33
Brocken	3.10	25:16	8:09	6	4:27	47	7:03	12.10	1:20:19	6:38	17	15:48	79	24:36
Eiserner Handwe	3.60	15:54	4:25	9	2:17	49	3:18	15.70	1:36:13	6:07	14	18:05	71	27:54
Schlüsie	4.10	15:34	3:47	7	2:16	49	3:37	19.80	1:51:47	5:38	14	20:21	67	31:31
Loddenke	3.10	12:34	4:03	7	1:15	44	2:30	22.90	2:04:21	5:25	11	21:36	62	34:01
Ilseburg/Markt	3.30	14:32	4:24	11	2:21	63	3:08	26.20	2:18:53	5:18	10	23:57	60	37:09