



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

**Bömeke, Alex**

Club: Duderstadt  
Number: 5

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:19:06

Speed: 11.21 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 69 (of 537)

Rank in course/Men: 62 (of 440)

Best time in course: 1:41:44

Rank in category: 12(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	15:24	4:40	5	1:07	37	3:12	3.30	15:24	4:40	5	1:07	37	3:12
Schlüsie	3.10	18:07	5:50	9	2:22	60	4:43	6.40	33:31	5:14	6	3:29	50	7:55
Hermannsklippe	2.60	16:44	6:26	17	3:04	88	4:50	9.00	50:15	5:34	7	6:33	53	12:45
Brocken	3.10	26:55	8:40	16	6:06	77	8:42	12.10	1:17:10	6:22	9	12:39	62	21:27
Eiserner Handwe	3.60	15:52	4:24	7	2:15	47	3:16	15.70	1:33:02	5:55	7	14:54	56	24:43
Schlüsie	4.10	16:05	3:55	13	2:47	65	4:08	19.80	1:49:07	5:30	8	17:41	56	28:51
Loddenke	3.10	13:53	4:28	18	2:34	105	3:49	22.90	2:03:00	5:22	9	20:15	58	32:40
Ilseburg/Markt	3.30	16:06	4:52	20	3:55	147	4:42	26.20	2:19:06	5:18	12	24:10	62	37:22