



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Minx, Andre

Club: Erdinger aktiv team
Number: 295

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:20:10

Speed: 11.13 km/h
Running performance: 5:21 min/km

Rank in course/Total: 71 (of 537)

Rank in course/Men: 64 (of 440)

Best time in course: 1:41:44

Rank in category: 6(of 55)

Best time in the category: 2:00:57

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	17:57	5:26	12	4:00	107	5:45	3.30	17:57	5:26	12	4:00	107	5:45
Schlüsie	3.10	18:52	6:05	10	3:10	83	5:28	6.40	36:49	5:45	11	7:10	94	11:13
Hermannsklippe	2.60	16:35	6:22	9	2:22	80	4:41	9.00	53:24	5:56	11	9:32	85	15:54
Brocken	3.10	27:22	8:49	11	4:16	84	9:09	12.10	1:20:46	6:40	10	13:48	83	25:03
Eiserner Handwe	3.60	16:28	4:34	6	2:20	57	3:52	15.70	1:37:14	6:11	9	15:35	78	28:55
Schlüsie	4.10	16:37	4:03	8	3:06	88	4:40	19.80	1:53:51	5:45	9	17:35	75	33:35
Loddenke	3.10	12:42	4:05	5	1:58	50	2:38	22.90	2:06:33	5:31	8	18:03	70	36:13
Ilseburg/Markt	3.30	13:37	4:07	2	1:10	35	2:13	26.20	2:20:10	5:20	6	19:13	64	38:26