



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Aden, Robin

Club: Deutscher Ruderclub Hannover v. 1884
Number: 511

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:20:34

Speed: 11.10 km/h
Running performance: 5:22 min/km

Rank in course/Total: 74 (of 537)

Rank in course/Men: 66 (of 440)

Best time in course: 1:41:44

Rank in category: 9(of 47)

Best time in the category: 1:41:44

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	17:24	5:16	11	5:12	83	5:12	3.30	17:24	5:16	11	5:12	83	5:12
Schlüsie	3.10	19:22	6:14	18	5:58	106	5:58	6.40	36:46	5:44	17	11:10	91	11:10
Hermannsklippe	2.60	17:19	6:39	19	5:25	124	5:25	9.00	54:05	6:00	18	16:35	98	16:35
Brocken	3.10	27:13	8:46	10	9:00	81	9:00	12.10	1:21:18	6:43	12	25:35	87	25:35
Eiserner Handwe	3.60	16:31	4:35	9	3:55	60	3:55	15.70	1:37:49	6:13	11	29:30	82	29:30
Schlüsie	4.10	16:16	3:58	11	4:19	74	4:19	19.80	1:54:05	5:45	11	33:49	79	33:49
Loddenke	3.10	12:55	4:09	9	2:51	58	2:51	22.90	2:07:00	5:32	11	36:40	75	36:40
Ilseburg/Markt	3.30	13:34	4:06	7	2:10	32	2:10	26.20	2:20:34	5:21	9	38:50	66	38:50