



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Seffer, Marcel

Club: Uetze
Number: 506

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:21:51

Speed: 11.00 km/h
Running performance: 5:25 min/km

Rank in course/Total: 82 (of 537)

Rank in course/Men: 74 (of 440)

Best time in course: 1:41:44

Rank in category: 16(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	20:06	6:05	34	5:49	255	7:54	3.30	20:06	6:05	34	5:49	255	7:54
Schlüsie	3.10	19:54	6:25	23	4:09	138	6:30	6.40	40:00	6:15	28	9:58	183	14:24
Hermannsklippe	2.60	16:31	6:21	16	2:51	78	4:37	9.00	56:31	6:16	24	12:49	140	19:01
Brocken	3.10	26:11	8:26	11	5:22	64	7:58	12.10	1:22:42	6:50	21	18:11	103	26:59
Eiserner Handwe	3.60	17:04	4:44	15	3:27	76	4:28	15.70	1:39:46	6:21	20	21:38	98	31:27
Schlüsie	4.10	14:52	3:37	5	1:34	33	2:55	19.80	1:54:38	5:47	19	23:12	85	34:22
Loddenke	3.10	12:49	4:08	9	1:30	56	2:45	22.90	2:07:27	5:33	17	24:42	79	37:07
Ilseburg/Markt	3.30	14:24	4:21	9	2:13	53	3:00	26.20	2:21:51	5:24	16	26:55	74	40:07