



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Szidat, Marten

Club: LG SV Werder Bremen/ 5./ABCAbwBtl 7
Number: 419

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:21:52

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

Rank in course/Total: 83 (of 537)

Rank in course/Men: 75 (of 440)

Best time in course: 1:41:44

Rank in category: 8(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	18:04	5:28	13	4:07	113	5:52	3.30	18:04	5:28	13	4:07	113	5:52
Schlüsie	3.10	18:38	6:00	8	2:56	72	5:14	6.40	36:42	5:44	10	7:03	88	11:06
Hermannsklippe	2.60	16:06	6:11	8	1:53	66	4:12	9.00	52:48	5:51	9	8:56	76	15:18
Brocken	3.10	27:17	8:48	10	4:11	83	9:04	12.10	1:20:05	6:37	9	13:07	77	24:22
Eiserner Handwe	3.60	17:55	4:58	14	3:47	131	5:19	15.70	1:38:00	6:14	11	16:21	83	29:41
Schlüsie	4.10	16:57	4:08	11	3:26	109	5:00	19.80	1:54:57	5:48	11	18:41	88	34:41
Loddenke	3.10	13:07	4:13	7	2:23	67	3:03	22.90	2:08:04	5:35	10	19:34	84	37:44
Ilseburg/Markt	3.30	13:48	4:10	3	1:21	39	2:24	26.20	2:21:52	5:24	8	20:55	75	40:08