



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Gerbens, Franz-Josef

Club: Maschsee-Sharks Hannover
Number: 138

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:24:05

Speed: 10.83 km/h
Running performance: 5:30 min/km

Rank in course/Total: 95 (of 537)

Rank in course/Men: 87 (of 440)

Best time in course: 1:41:44

Rank in category: 1(of 32)

Best time in the category: 2:24:05

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	18:14	5:31	3	0:26	120	6:02	3.30	18:14	5:31	3	0:26	120	6:02	
Schlüsie	3.10	19:17	6:13	1	-	102	5:53	6.40	37:31	5:51	1	-	110	11:55	
Hermannsklippe	2.60	16:29	6:20	1	-	75	4:35	9.00	54:00	6:00	1	-	97	16:30	
Brocken	3.10	28:02	9:02	1	-	100	9:49	12.10	1:22:02	6:46	1	-	96	26:19	
Eiserner Handwe	3.60	17:25	4:50	2	0:51	94	4:49	15.70	1:39:27	6:20	1	-	95	31:08	
Schlüsie	4.10	16:48	4:05	2	0:09	102	4:51	19.80	1:56:15	5:52	1	-	95	35:59	
Loddenke	3.10	13:23	4:19	1	-	76	3:19	22.90	2:09:38	5:39	1	-	92	39:18	
Ilseburg/Markt	3.30	14:27	4:22	1	-	55	3:03	26.20	2:24:05	5:29	1	-	87	42:21	