



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Heinz, Martin

Club: Wir müssen aufhören weniger zu Laufen!
Number: 529

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:24:34

Speed: 10.79 km/h
Running performance: 5:31 min/km

Rank in course/Total: 97 (of 537)

Rank in course/Men: 89 (of 440)

Best time in course: 1:41:44

Rank in category: 10(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	15:17	4:37	4	1:20	33	3:05	3.30	15:17	4:37	4	1:20	33	3:05
Schlüsie	3.10	17:33	5:39	6	1:51	49	4:09	6.40	32:50	5:07	6	3:11	41	7:14
Hermannsklippe	2.60	15:38	6:00	5	1:25	51	3:44	9.00	48:28	5:23	6	4:36	43	10:58
Brocken	3.10	26:09	8:26	8	3:03	62	7:56	12.10	1:14:37	6:09	6	7:39	45	18:54
Eiserner Handwe	3.60	17:56	4:58	15	3:48	133	5:20	15.70	1:32:33	5:53	6	10:54	54	24:14
Schlüsie	4.10	17:22	4:14	14	3:51	135	5:25	19.80	1:49:55	5:33	6	13:39	60	29:39
Loddenke	3.10	15:52	5:07	40	5:08	262	5:48	22.90	2:05:47	5:29	6	17:17	68	35:27
Ilseburg/Markt	3.30	18:47	5:41	45	6:20	315	7:23	26.20	2:24:34	5:31	10	23:37	89	42:50