



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Heinz, Nino

Club: Project19veloclub
Number: 169

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:24:43

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 98 (of 537)

Rank in course/Men: 90 (of 440)

Best time in course: 1:41:44

Rank in category: 19(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	19:53	6:01	31	5:36	241	7:41	3.30	19:53	6:01	31	5:36	241	7:41
Schlüsie	3.10	19:15	6:12	19	3:30	99	5:51	6.40	39:08	6:06	25	9:06	158	13:32
Hermannsklippe	2.60	16:58	6:31	19	3:18	101	5:04	9.00	56:06	6:14	23	12:24	129	18:36
Brocken	3.10	25:59	8:22	9	5:10	57	7:46	12.10	1:22:05	6:47	20	17:34	97	26:22
Eiserner Handwe	3.60	18:01	5:00	22	4:24	140	5:25	15.70	1:40:06	6:22	21	21:58	100	31:47
Schlüsie	4.10	17:03	4:09	22	3:45	117	5:06	19.80	1:57:09	5:55	21	25:43	100	36:53
Loddenke	3.10	12:57	4:10	10	1:38	60	2:53	22.90	2:10:06	5:40	20	27:21	95	39:46
Ilseburg/Markt	3.30	14:37	4:25	12	2:26	66	3:13	26.20	2:24:43	5:31	19	29:47	90	42:59