



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Harbart, Bernd

Club: Road Runners Holtensen
Number: 14

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:27:21

Speed: 10.59 km/h
Running performance: 5:37 min/km

Rank in course/Total: 113 (of 537)

Rank in course/Men: 104 (of 440)

Best time in course: 1:41:44

Rank in category: 10(of 61)

Best time in the category: 2:00:25

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	18:28	5:35	19	3:57	140	6:16	3.30	18:28	5:35	19	3:57	140	6:16
Schlüsie	3.10	19:55	6:25	15	3:46	140	6:31	6.40	38:23	5:59	15	7:22	127	12:47
Hermannsklippe	2.60	17:46	6:49	19	3:40	155	5:52	9.00	56:09	6:14	15	11:02	136	18:39
Brocken	3.10	28:23	9:09	12	5:53	111	10:10	12.10	1:24:32	6:59	14	16:29	125	28:49
Eiserner Handwe	3.60	17:43	4:55	12	3:44	112	5:07	15.70	1:42:15	6:30	12	19:57	117	33:56
Schlüsie	4.10	16:26	4:00	10	2:54	79	4:29	19.80	1:58:41	5:59	11	22:50	112	38:25
Loddenke	3.10	13:30	4:21	10	2:13	83	3:26	22.90	2:12:11	5:46	11	24:50	108	41:51
Ilseburg/Markt	3.30	15:10	4:35	11	2:13	93	3:46	26.20	2:27:21	5:37	10	26:56	104	45:37