



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Cherek, Uwe

Club: Crossroadrunner Hamburg
Number: 32

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:27:45

Speed: 10.56 km/h
Running performance: 5:38 min/km

Rank in course/Total: 116 (of 537)

Rank in course/Men: 106 (of 440)

Best time in course: 1:41:44

Rank in category: 9(of 59)

Best time in the category: 2:13:09

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	17:56	5:26	8	2:29	106	5:44	3.30	17:56	5:26	8	2:29	106	5:44
Schlüsie	3.10	20:22	6:34	18	2:28	172	6:58	6.40	38:18	5:59	11	4:53	126	12:42
Hermannsklippe	2.60	17:45	6:49	14	2:15	153	5:51	9.00	56:03	6:13	10	6:24	128	18:33
Brocken	3.10	29:24	9:29	16	4:42	152	11:11	12.10	1:25:27	7:03	13	10:05	136	29:44
Eiserner Handwe	3.60	17:24	4:49	11	2:06	91	4:48	15.70	1:42:51	6:33	13	11:41	123	34:32
Schlüsie	4.10	16:10	3:56	4	0:50	67	4:13	19.80	1:59:01	6:00	11	12:31	117	38:45
Loddenke	3.10	12:58	4:10	4	0:33	61	2:54	22.90	2:11:59	5:45	10	13:04	106	41:39
Ilseburg/Markt	3.30	15:46	4:46	13	1:56	125	4:22	26.20	2:27:45	5:38	9	14:36	106	46:01