



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Zick, Christian

Club: Rathenow
Number: 484

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:27:50

Speed: 10.55 km/h
Running performance: 5:38 min/km

Rank in course/Total: 118 (of 537)

Rank in course/Men: 108 (of 440)

Best time in course: 1:41:44

Rank in category: 17(of 47)

Best time in the category: 1:41:44

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	19:05	5:46	28	6:53	179	6:53	3.30	19:05	5:46	28	6:53	179	6:53
Schlüsie	3.10	19:48	6:23	21	6:24	125	6:24	6.40	38:53	6:04	24	13:17	144	13:17
Hermannsklippe	2.60	17:15	6:38	18	5:21	114	5:21	9.00	56:08	6:14	22	18:38	132	18:38
Brocken	3.10	28:15	9:06	14	10:02	106	10:02	12.10	1:24:23	6:58	20	28:40	123	28:40
Eiserner Handwe	3.60	17:33	4:52	12	4:57	99	4:57	15.70	1:41:56	6:29	19	33:37	115	33:37
Schlüsie	4.10	16:52	4:06	16	4:55	103	4:55	19.80	1:58:48	6:00	18	38:32	113	38:32
Loddenke	3.10	13:28	4:20	13	3:24	80	3:24	22.90	2:12:16	5:46	17	41:56	109	41:56
Ilseburg/Markt	3.30	15:34	4:43	20	4:10	118	4:10	26.20	2:27:50	5:38	17	46:06	108	46:06