



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Zürn, Rolf

Club: Ekosem-Agrar
Number: 489

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:28:22

Speed: 10.51 km/h
Running performance: 5:40 min/km

Rank in course/Total: 121 (of 537)

Rank in course/Men: 110 (of 440)

Best time in course: 1:41:44

Rank in category: 11(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	18:29	5:36	13	3:02	142	6:17	3.30	18:29	5:36	13	3:02	142	6:17
Schlüsie	3.10	19:14	6:12	8	1:20	98	5:50	6.40	37:43	5:53	9	4:18	115	12:07
Hermannsklippe	2.60	16:38	6:23	6	1:08	83	4:44	9.00	54:21	6:02	8	4:42	106	16:51
Brocken	3.10	27:55	9:00	10	3:13	99	9:42	12.10	1:22:16	6:47	8	6:54	98	26:33
Eiserner Handwe	3.60	17:09	4:45	8	1:51	78	4:33	15.70	1:39:25	6:19	8	8:15	94	31:06
Schlüsie	4.10	16:58	4:08	12	1:38	111	5:01	19.80	1:56:23	5:52	9	9:53	97	36:07
Loddenke	3.10	14:33	4:41	18	2:08	158	4:29	22.90	2:10:56	5:43	9	12:01	102	40:36
Ilseburg/Markt	3.30	17:26	5:16	34	3:36	248	6:02	26.20	2:28:22	5:39	11	15:13	110	46:38