



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Oheim, Steffen

Club: FSV Grün-Weiß Ilseburg
Number: 584

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:28:38

Speed: 10.50 km/h
Running performance: 5:40 min/km

Rank in course/Total: 124 (of 537)

Rank in course/Men: 112 (of 440)

Best time in course: 1:41:44

Rank in category: 11(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	16:36	5:01	9	2:05	60	4:24	3.30	16:36	5:01	9	2:05	60	4:24
Schlüsie	3.10	18:36	6:00	8	2:27	71	5:12	6.40	35:12	5:30	8	4:11	62	9:36
Hermannsklippe	2.60	16:55	6:30	8	2:49	97	5:01	9.00	52:07	5:47	8	7:00	69	14:37
Brocken	3.10	28:21	9:08	11	5:51	109	10:08	12.10	1:20:28	6:39	8	12:25	81	24:45
Eiserner Handwe	3.60	17:56	4:58	18	3:57	133	5:20	15.70	1:38:24	6:16	8	16:06	85	30:05
Schlüsie	4.10	17:21	4:13	17	3:49	133	5:24	19.80	1:55:45	5:50	9	19:54	93	35:29
Loddenke	3.10	15:09	4:53	29	3:52	207	5:05	22.90	2:10:54	5:42	9	23:33	100	40:34
Ilseburg/Markt	3.30	17:44	5:22	33	4:47	259	6:20	26.20	2:28:38	5:40	11	28:13	112	46:54