



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Hellmuth, Tizian

Club: Harzer Wölfe

Number: 173

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:29:17

Speed: 10.45 km/h

Running performance: 5:42 min/km

Rank in course/Total: 129 (of 537)

Rank in course/Men: 117 (of 440)

Best time in course: 1:41:44

Rank in category: 18(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	17:36	5:20	16	5:24	93	5:24	3.30	17:36	5:20	16	5:24	93	5:24
Schlüsse	3.10	19:09	6:10	16	5:45	92	5:45	6.40	36:45	5:44	16	11:09	89	11:09
Hermannsklippe	2.60	17:14	6:37	17	5:20	112	5:20	9.00	53:59	5:59	17	16:29	96	16:29
Brocken	3.10	29:30	9:30	20	11:17	154	11:17	12.10	1:23:29	6:53	18	27:46	111	27:46
Eiserner Handwe	3.60	17:48	4:56	15	5:12	118	5:12	15.70	1:41:17	6:27	16	32:58	109	32:58
Schlüsse	4.10	17:12	4:11	20	5:15	123	5:15	19.80	1:58:29	5:59	17	38:13	109	38:13
Loddenke	3.10	14:20	4:37	21	4:16	144	4:16	22.90	2:12:49	5:47	18	42:29	113	42:29
Ilseburg/Markt	3.30	16:28	4:59	23	5:04	175	5:04	26.20	2:29:17	5:41	18	47:33	117	47:33