



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Johst, Niels

Club: Hamburger Hügel Läufer
Number: 199

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:29:45

Speed: 10.42 km/h
Running performance: 5:43 min/km

Rank in course/Total: 134 (of 537)

Rank in course/Men: 121 (of 440)

Best time in course: 1:41:44

Rank in category: 23(of 57)

Best time in the category: 1:54:56

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	17:55	5:25	19	3:38	104	5:43	3.30	17:55	5:25	19	3:38	104	5:43
Schlüsle	3.10	18:56	6:06	16	3:11	85	5:32	6.40	36:51	5:45	18	6:49	95	11:15
Hermannsklippe	2.60	17:16	6:38	23	3:36	118	5:22	9.00	54:07	6:00	19	10:25	99	16:37
Brocken	3.10	30:08	9:43	28	9:19	172	11:55	12.10	1:24:15	6:57	24	19:44	121	28:32
Eiserner Handwe	3.60	18:15	5:04	24	4:38	150	5:39	15.70	1:42:30	6:31	24	24:22	121	34:11
Schlüsle	4.10	17:42	4:19	27	4:24	158	5:45	19.80	2:00:12	6:04	23	28:46	125	39:56
Loddenke	3.10	14:09	4:33	20	2:50	125	4:05	22.90	2:14:21	5:52	23	31:36	122	44:01
Ilseburg/Markt	3.30	15:24	4:40	17	3:13	108	4:00	26.20	2:29:45	5:42	23	34:49	121	48:01