



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Zeyn, Frank

Club: Hannover Runners e.V.
Number: 482

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:29:57

Speed: 10.40 km/h
Running performance: 5:43 min/km

Rank in course/Total: 135 (of 537)

Rank in course/Men: 122 (of 440)

Best time in course: 1:41:44

Rank in category: 15(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	18:17	5:32	17	3:46	123	6:05	3.30	18:17	5:32	17	3:46	123	6:05
Schlüsie	3.10	20:14	6:31	16	4:05	160	6:50	6.40	38:31	6:01	16	7:30	131	12:55
Hermannsklippe	2.60	18:06	6:57	24	4:00	173	6:12	9.00	56:37	6:17	16	11:30	142	19:07
Brocken	3.10	29:05	9:22	18	6:35	135	10:52	12.10	1:25:42	7:04	16	17:39	138	29:59
Eiserner Handwe	3.60	17:50	4:57	14	3:51	120	5:14	15.70	1:43:32	6:35	18	21:14	129	35:13
Schlüsie	4.10	16:30	4:01	13	2:58	82	4:33	19.80	2:00:02	6:03	15	24:11	123	39:46
Loddenke	3.10	13:55	4:29	15	2:38	109	3:51	22.90	2:13:57	5:50	15	26:36	121	43:37
Ilseburg/Markt	3.30	16:00	4:50	19	3:03	140	4:36	26.20	2:29:57	5:43	15	29:32	122	48:13