



## 52. Brockenlauf Ilseburg / 02.09.2023

### Detailed evaluation

**Junski, Dirk**

Club: Hamburg

Number: 203

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:31:46

Speed: 10.28 km/h

Running performance: 5:47 min/km

Rank in course/Total: 144 (of 537)

Rank in course/Men: 131 (of 440)

Best time in course: 1:41:44

Rank in category: 16(of 55)

Best time in the category: 2:00:57

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Loddenke        | 3.30        | 17:03         | 5:10            | 9           | 3:06           | 73         | 4:51          | 3.30        | 17:03         | 5:10            | 9           | 3:06           | 73         | 4:51          |
| Schlüsle        | 3.10        | 20:06         | 6:29            | 21          | 4:24           | 150        | 6:42          | 6.40        | 37:09         | 5:48            | 13          | 7:30           | 100        | 11:33         |
| Hermannsklippe  | 2.60        | 18:22         | 7:03            | 25          | 4:09           | 187        | 6:28          | 9.00        | 55:31         | 6:10            | 14          | 11:39          | 119        | 18:01         |
| Brocken         | 3.10        | 33:36         | 10:50           | 38          | 10:30          | 300        | 15:23         | 12.10       | 1:29:07       | 7:21            | 22          | 22:09          | 183        | 33:24         |
| Eiserner Handwe | 3.60        | 17:40         | 4:54            | 11          | 3:32           | 108        | 5:04          | 15.70       | 1:46:47       | 6:48            | 22          | 25:08          | 167        | 38:28         |
| Schlüsle        | 4.10        | 16:05         | 3:55            | 7           | 2:34           | 65         | 4:08          | 19.80       | 2:02:52       | 6:12            | 18          | 26:36          | 144        | 42:36         |
| Loddenke        | 3.10        | 13:35         | 4:22            | 10          | 2:51           | 87         | 3:31          | 22.90       | 2:16:27       | 5:57            | 15          | 27:57          | 132        | 46:07         |
| Ilseburg/Markt  | 3.30        | 15:19         | 4:38            | 13          | 2:52           | 103        | 3:55          | 26.20       | 2:31:46       | 5:47            | 16          | 30:49          | 131        | 50:02         |