



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Saathoff, Aiko

Club: SV Großefehn
Number: 356

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:32:26

Speed: 10.23 km/h
Running performance: 5:49 min/km

Rank in course/Total: 150 (of 537)

Rank in course/Men: 136 (of 440)

Best time in course: 1:41:44

Rank in category: 15(of 34)

Best time in the category: 1:57:58

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	20:31	6:13	25	6:39	284	8:19	3.30	20:31	6:13	25	6:39	284	8:19
Schlüsie	3.10	19:51	6:24	16	4:29	132	6:27	6.40	40:22	6:18	18	11:08	204	14:46
Hermannsklippe	2.60	17:32	6:44	17	4:01	141	5:38	9.00	57:54	6:26	18	15:09	179	20:24
Brocken	3.10	28:47	9:17	15	7:56	123	10:34	12.10	1:26:41	7:09	17	23:05	149	30:58
Eiserner Handwe	3.60	18:50	5:13	16	4:19	175	6:14	15.70	1:45:31	6:43	17	26:26	153	37:12
Schlüsie	4.10	17:59	4:23	16	4:34	174	6:02	19.80	2:03:30	6:14	15	29:17	149	43:14
Loddenke	3.10	13:53	4:28	13	3:01	105	3:49	22.90	2:17:23	5:59	15	32:18	143	47:03
Ilseburg/Markt	3.30	15:03	4:33	12	2:25	86	3:39	26.20	2:32:26	5:49	15	34:28	136	50:42