



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Röder, Frank

Club: Höxter
Number: 347

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:32:38

Speed: 10.22 km/h
Running performance: 5:50 min/km

Rank in course/Total: 152 (of 537)

Rank in course/Men: 137 (of 440)

Best time in course: 1:41:44

Rank in category: 17(of 55)

Best time in the category: 2:00:57

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	18:51	5:42	22	4:54	167	6:39	3.30	18:51	5:42	22	4:54	167	6:39
Schlüsie	3.10	20:01	6:27	20	4:19	147	6:37	6.40	38:52	6:04	18	9:13	143	13:16
Hermannsklippe	2.60	18:01	6:55	23	3:48	167	6:07	9.00	56:53	6:19	18	13:01	147	19:23
Brocken	3.10	29:51	9:37	21	6:45	165	11:38	12.10	1:26:44	7:10	19	19:46	152	31:01
Eiserner Handwe	3.60	18:00	5:00	16	3:52	139	5:24	15.70	1:44:44	6:40	17	23:05	140	36:25
Schlüsie	4.10	17:28	4:15	16	3:57	142	5:31	19.80	2:02:12	6:10	15	25:56	133	41:56
Loddenke	3.10	14:23	4:38	19	3:39	146	4:19	22.90	2:16:35	5:57	17	28:05	137	46:15
Ilseburg/Markt	3.30	16:03	4:51	19	3:36	143	4:39	26.20	2:32:38	5:49	17	31:41	137	50:54