



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Jost, Steffen

Club: Country Club Mister Julei & Jasmin (war auch  
Number: 532

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:33:16

Speed: 10.18 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 155 (of 537)

Rank in course/Men: 139 (of 440)

Best time in course: 1:41:44

Rank in category: 20(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	17:59	5:26	15	3:28	110	5:47	3.30	17:59	5:26	15	3:28	110	5:47
Schlüsie	3.10	19:50	6:23	14	3:41	130	6:26	6.40	37:49	5:54	13	6:48	118	12:13
Hermannsklippe	2.60	17:36	6:46	17	3:30	145	5:42	9.00	55:25	6:09	13	10:18	118	17:55
Brocken	3.10	27:45	8:57	9	5:15	93	9:32	12.10	1:23:10	6:52	11	15:07	109	27:27
Eiserner Handwe	3.60	20:10	5:36	35	6:11	250	7:34	15.70	1:43:20	6:34	17	21:02	128	35:01
Schlüsie	4.10	18:11	4:26	24	4:39	186	6:14	19.80	2:01:31	6:08	17	25:40	126	41:15
Loddenke	3.10	15:02	4:50	26	3:45	194	4:58	22.90	2:16:33	5:57	18	29:12	136	46:13
Ilseburg/Markt	3.30	16:43	5:03	29	3:46	194	5:19	26.20	2:33:16	5:50	20	32:51	139	51:32