



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Wiggers, Bernd

Club: Sport-Club Itzehoe  
Number: 468

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:33:22

Speed: 10.17 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 156 (of 537)

Rank in course/Men: 140 (of 440)

Best time in course: 1:41:44

Rank in category: 21(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	17:30	5:18	12	2:59	88	5:18	3.30	17:30	5:18	12	2:59	88	5:18
Schlüsie	3.10	20:37	6:39	22	4:28	187	7:13	6.40	38:07	5:57	14	7:06	123	12:31
Hermannsklippe	2.60	19:09	7:21	30	5:03	233	7:15	9.00	57:16	6:21	19	12:09	155	19:46
Brocken	3.10	31:41	10:13	30	9:11	226	13:28	12.10	1:28:57	7:21	23	20:54	181	33:14
Eiserner Handwe	3.60	17:50	4:57	14	3:51	120	5:14	15.70	1:46:47	6:48	22	24:29	167	38:28
Schlüsie	4.10	16:15	3:57	9	2:43	72	4:18	19.80	2:03:02	6:12	20	27:11	147	42:46
Loddenke	3.10	13:59	4:30	17	2:42	115	3:55	22.90	2:17:01	5:58	20	29:40	141	46:41
Ilseburg/Markt	3.30	16:21	4:57	24	3:24	168	4:57	26.20	2:33:22	5:51	21	32:57	140	51:38