



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Matthies, Marco

Club: LSV TriTeam Wolfenbüttel
Number: 281

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:33:56

Speed: 10.13 km/h
Running performance: 5:53 min/km

Rank in course/Total: 158 (of 537)

Rank in course/Men: 142 (of 440)

Best time in course: 1:41:44

Rank in category: 25(of 57)

Best time in the category: 1:54:56

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	18:53	5:43	25	4:36	171	6:41	3.30	18:53	5:43	25	4:36	171	6:41
Schlüsie	3.10	20:11	6:30	27	4:26	154	6:47	6.40	39:04	6:06	24	9:02	156	13:28
Hermannsklippe	2.60	18:16	7:01	29	4:36	179	6:22	9.00	57:20	6:22	26	13:38	158	19:50
Brocken	3.10	30:54	9:58	31	10:05	195	12:41	12.10	1:28:14	7:17	29	23:43	171	32:31
Eiserner Handwe	3.60	17:29	4:51	17	3:52	96	4:53	15.70	1:45:43	6:44	26	27:35	156	37:24
Schlüsie	4.10	16:46	4:05	19	3:28	101	4:49	19.80	2:02:29	6:11	24	31:03	138	42:13
Loddenke	3.10	14:03	4:31	19	2:44	119	3:59	22.90	2:16:32	5:57	25	33:47	135	46:12
Ilseburg/Markt	3.30	17:24	5:16	36	5:13	244	6:00	26.20	2:33:56	5:52	25	39:00	142	52:12