



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Janssen, Stefan

Club: Hannover
Number: 196

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:59

Speed: 10.07 km/h
Running performance: 5:55 min/km

Rank in course/Total: 165 (of 537)

Rank in course/Men: 149 (of 440)

Best time in course: 1:41:44

Rank in category: 18(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	22:05	6:41	49	8:08	362	9:53	3.30	22:05	6:41	49	8:08	362	9:53
Schlüsie	3.10	20:32	6:37	26	4:50	180	7:08	6.40	42:37	6:39	39	12:58	284	17:01
Hermannsklippe	2.60	17:25	6:41	17	3:12	134	5:31	9.00	1:00:02	6:40	31	16:10	218	22:32
Brocken	3.10	29:21	9:28	17	6:15	148	11:08	12.10	1:29:23	7:23	25	22:25	190	33:40
Eiserner Handwe	3.60	18:04	5:01	17	3:56	143	5:28	15.70	1:47:27	6:50	23	25:48	172	39:08
Schlüsie	4.10	18:06	4:24	26	4:35	179	6:09	19.80	2:05:33	6:20	22	29:17	169	45:17
Loddenke	3.10	14:15	4:35	17	3:31	137	4:11	22.90	2:19:48	6:06	20	31:18	161	49:28
Ilseburg/Markt	3.30	15:11	4:36	12	2:44	95	3:47	26.20	2:34:59	5:54	18	34:02	149	53:15