



# 52. Brockenlauf

Ilseburg / 02.09.2023

## Detailed evaluation

**Altmann, Denis**

Club: Magdeburg  
Number: 30

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:35:00

Speed: 10.06 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 167 (of 537)

Rank in course/Men: 150 (of 440)

Best time in course: 1:41:44

Rank in category: 21(of 47)

Best time in the category: 1:41:44

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	20:33	6:13	42	8:21	285	8:21	3.30	20:33	6:13	42	8:21	285	8:21
Schlüsie	3.10	19:56	6:25	24	6:32	143	6:32	6.40	40:29	6:19	33	14:53	209	14:53
Hermannsklippe	2.60	17:26	6:42	21	5:32	136	5:32	9.00	57:55	6:26	30	20:25	181	20:25
Brocken	3.10	28:16	9:07	15	10:03	108	10:03	12.10	1:26:11	7:07	21	30:28	146	30:28
Eiserner Handwe	3.60	18:59	5:16	24	6:23	188	6:23	15.70	1:45:10	6:41	22	36:51	149	36:51
Schlüsie	4.10	17:43	4:19	22	5:46	159	5:46	19.80	2:02:53	6:12	21	42:37	145	42:37
Loddenke	3.10	14:47	4:46	26	4:43	178	4:43	22.90	2:17:40	6:00	21	47:20	146	47:20
Ilseburg/Markt	3.30	17:20	5:15	32	5:56	239	5:56	26.20	2:35:00	5:54	21	53:16	150	53:16