



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Heinrich, Uwe

Club: Hannover
Number: 180

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:35:34

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 171 (of 537)

Rank in course/Men: 155 (of 440)

Best time in course: 1:41:44

Rank in category: 3(of 22)

Best time in the category: 2:22:09

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	18:46	5:41	3	1:39	158	6:34	3.30	18:46	5:41	3	1:39	158	6:34
Schlüsie	3.10	20:13	6:31	4	1:01	158	6:49	6.40	38:59	6:05	4	2:40	150	13:23
Hermannsklippe	2.60	17:38	6:46	3	0:26	147	5:44	9.00	56:37	6:17	4	3:06	142	19:07
Brocken	3.10	29:17	9:26	3	1:28	143	11:04	12.10	1:25:54	7:05	3	4:34	141	30:11
Eiserner Handwe	3.60	19:04	5:17	4	1:58	190	6:28	15.70	1:44:58	6:41	3	6:32	144	36:39
Schlüsie	4.10	19:20	4:42	8	3:41	251	7:23	19.80	2:04:18	6:16	3	10:13	155	44:02
Loddenke	3.10	15:16	4:55	7	2:02	216	5:12	22.90	2:19:34	6:05	3	12:15	157	49:14
Ilseburg/Markt	3.30	16:00	4:50	3	1:10	140	4:36	26.20	2:35:34	5:56	3	13:25	155	53:50