



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Gerlach, Sandy

Club: Halle/S.
Number: 141

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:35:38

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

Rank in course/Total: 172 (of 537)

Rank in course/Men: 156 (of 440)

Best time in course: 1:41:44

Rank in category: 19(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	20:24	6:10	37	6:27	273	8:12	3.30	20:24	6:10	37	6:27	273	8:12
Schlüsie	3.10	20:11	6:30	22	4:29	154	6:47	6.40	40:35	6:20	32	10:56	214	14:59
Hermannsklippe	2.60	17:30	6:43	20	3:17	140	5:36	9.00	58:05	6:27	26	14:13	187	20:35
Brocken	3.10	29:55	9:39	23	6:49	168	11:42	12.10	1:28:00	7:16	21	21:02	168	32:17
Eiserner Handwe	3.60	18:14	5:03	18	4:06	149	5:38	15.70	1:46:14	6:45	20	24:35	161	37:55
Schlüsie	4.10	18:22	4:28	28	4:51	193	6:25	19.80	2:04:36	6:17	19	28:20	158	44:20
Loddenke	3.10	14:50	4:47	26	4:06	185	4:46	22.90	2:19:26	6:05	19	30:56	154	49:06
Ilseburg/Markt	3.30	16:12	4:54	20	3:45	155	4:48	26.20	2:35:38	5:56	19	34:41	156	53:54