



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: 10.02 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      |