



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Maxa, Christian

Club: Hildesheim
Number: 283

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:35:49

Speed: 10.01 km/h
Running performance: 5:57 min/km

Rank in course/Total: 173 (of 537)

Rank in course/Men: 157 (of 440)

Best time in course: 1:41:44

Rank in category: 32(of 65)

Best time in the category: 1:52:36

| 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 | 18:58 | 5:44 | 35 | 5:26 | 175 | 6:46 | 3.30 | 18:58 | 5:44 | 35 | 5:26 | 175 | 6:46 |
| Schlüsie | 3.10 | 19:58 | 6:26 | 30 | 5:12 | 145 | 6:34 | 6.40 | 38:56 | 6:04 | 31 | 10:26 | 147 | 13:20 |
| Hermannsklippe | 2.60 | 17:15 | 6:38 | 25 | 4:22 | 114 | 5:21 | 9.00 | 56:11 | 6:14 | 29 | 14:48 | 138 | 18:41 |
| Brocken | 3.10 | 28:59 | 9:20 | 27 | 8:13 | 127 | 10:46 | 12.10 | 1:25:10 | 7:02 | 28 | 23:01 | 132 | 29:27 |
| Eiserner Handwe | 3.60 | 19:14 | 5:20 | 39 | 6:07 | 197 | 6:38 | 15.70 | 1:44:24 | 6:38 | 28 | 28:33 | 136 | 36:05 |
| Schlüsie | 4.10 | 18:37 | 4:32 | 37 | 5:40 | 205 | 6:40 | 19.80 | 2:03:01 | 6:12 | 29 | 34:02 | 146 | 42:45 |
| Loddenke | 3.10 | 15:35 | 5:01 | 37 | 4:45 | 240 | 5:31 | 22.90 | 2:18:36 | 6:03 | 28 | 38:32 | 150 | 48:16 |
| Ilseburg/Markt | 3.30 | 17:13 | 5:13 | 36 | 5:27 | 232 | 5:49 | 26.20 | 2:35:49 | 5:56 | 32 | 43:13 | 157 | 54:05 |