



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Gruben, Benedikt

Club: Hannover  
Number: 154

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:35:49

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

Rank in course/Total: 174 (of 537)

Rank in course/Men: 157 (of 440)

Best time in course: 1:41:44

Rank in category: 16(of 34)

Best time in the category: 1:57:58

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	19:16	5:50	19	5:24	190	7:04	3.30	19:16	5:50	19	5:24	190	7:04
Schlüsie	3.10	20:12	6:30	17	4:50	156	6:48	6.40	39:28	6:10	17	10:14	169	13:52
Hermannsklippe	2.60	17:17	6:38	16	3:46	121	5:23	9.00	56:45	6:18	16	14:00	144	19:15
Brocken	3.10	28:29	9:11	14	7:38	114	10:16	12.10	1:25:14	7:02	16	21:38	133	29:31
Eiserner Handwe	3.60	19:45	5:29	19	5:14	223	7:09	15.70	1:44:59	6:41	16	25:54	145	36:40
Schlüsie	4.10	18:48	4:35	18	5:23	214	6:51	19.80	2:03:47	6:15	16	29:34	151	43:31
Loddenke	3.10	14:40	4:43	17	3:48	168	4:36	22.90	2:18:27	6:02	16	33:22	148	48:07
Ilseburg/Markt	3.30	17:22	5:15	25	4:44	242	5:58	26.20	2:35:49	5:56	16	37:51	157	54:05