



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Naja, Ahmad

Club: Clausthal-Zellerfeld
Number: 549

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:36:05

Speed: 9.99 km/h
Running performance: 5:58 min/km

Rank in course/Total: 177 (of 537)

Rank in course/Men: 160 (of 440)

Best time in course: 1:41:44

Rank in category: 23(of 47)

Best time in the category: 1:41:44

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	17:32	5:18	15	5:20	90	5:20	3.30	17:32	5:18	15	5:20	90	5:20
Schlüsie	3.10	19:54	6:25	22	6:30	138	6:30	6.40	37:26	5:50	20	11:50	107	11:50
Hermannsklippe	2.60	16:00	6:09	10	4:06	62	4:06	9.00	53:26	5:56	14	15:56	86	15:56
Brocken	3.10	28:25	9:09	16	10:12	112	10:12	12.10	1:21:51	6:45	13	26:08	92	26:08
Eiserner Handwe	3.60	22:51	6:20	41	10:15	361	10:15	15.70	1:44:42	6:40	20	36:23	139	36:23
Schlüsie	4.10	21:05	5:08	38	9:08	327	9:08	19.80	2:05:47	6:21	25	45:31	173	45:31
Loddenke	3.10	15:21	4:57	29	5:17	224	5:17	22.90	2:21:08	6:09	25	50:48	175	50:48
Ilseburg/Markt	3.30	14:57	4:31	13	3:33	84	3:33	26.20	2:36:05	5:57	23	54:21	160	54:21