



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Krausholz, Alexander

Club: Bad Frankenhausen
Number: 540

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:19

Speed: 9.98 km/h
Running performance: 5:58 min/km

Rank in course/Total: 180 (of 537)

Rank in course/Men: 163 (of 440)

Best time in course: 1:41:44

Rank in category: 21(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:33	6:31	43	7:36	338	9:21	3.30	21:33	6:31	43	7:36	338	9:21
Schlüsie	3.10	21:01	6:46	29	5:19	211	7:37	6.40	42:34	6:39	38	12:55	279	16:58
Hermannsklippe	2.60	18:32	7:07	26	4:19	199	6:38	9.00	1:01:06	6:47	36	17:14	252	23:36
Brocken	3.10	29:40	9:34	19	6:34	158	11:27	12.10	1:30:46	7:30	30	23:48	215	35:03
Eiserner Handwe	3.60	18:21	5:05	19	4:13	154	5:45	15.70	1:49:07	6:57	25	27:28	188	40:48
Schlüsie	4.10	17:06	4:10	13	3:35	120	5:09	19.80	2:06:13	6:22	24	29:57	178	45:57
Loddenke	3.10	14:09	4:33	14	3:25	125	4:05	22.90	2:20:22	6:07	22	31:52	166	50:02
Ilseburg/Markt	3.30	15:57	4:49	17	3:30	138	4:33	26.20	2:36:19	5:57	21	35:22	163	54:35