



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Krocker, Steffen

Club: LG Konradsburg 90
Number: 140

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:36:45

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 185 (of 537)

Rank in course/Men: 168 (of 440)

Best time in course: 1:41:44

Rank in category: 19(of 59)

Best time in the category: 2:13:09

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	20:49	6:18	42	5:22	290	8:37	3.30	20:49	6:18	42	5:22	290	8:37
Schlüsie	3.10	21:00	6:46	21	3:06	209	7:36	6.40	41:49	6:32	30	8:24	254	16:13
Hermannsklippe	2.60	18:36	7:09	21	3:06	202	6:42	9.00	1:00:25	6:42	25	10:46	231	22:55
Brocken	3.10	28:05	9:03	11	3:23	103	9:52	12.10	1:28:30	7:18	18	13:08	175	32:47
Eiserner Handwe	3.60	19:35	5:26	25	4:17	217	6:59	15.70	1:48:05	6:53	18	16:55	176	39:46
Schlüsie	4.10	18:06	4:24	23	2:46	179	6:09	19.80	2:06:11	6:22	18	19:41	176	45:55
Loddenke	3.10	14:33	4:41	18	2:08	158	4:29	22.90	2:20:44	6:08	18	21:49	171	50:24
Ilseburg/Markt	3.30	16:01	4:51	14	2:11	142	4:37	26.20	2:36:45	5:58	19	23:36	168	55:01