



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Hänel, Thomas

Club: No f*cking X-Cuses

Number: 163

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:36:56

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 186 (of 537)

Rank in course/Men: 169 (of 440)

Best time in course: 1:41:44

Rank in category: 24(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	19:25	5:53	31	7:13	204	7:13	3.30	19:25	5:53	31	7:13	204	7:13
Schlüsie	3.10	20:13	6:31	26	6:49	158	6:49	6.40	39:38	6:11	28	14:02	172	14:02
Hermannsklippe	2.60	17:23	6:41	20	5:29	130	5:29	9.00	57:01	6:20	23	19:31	150	19:31
Brocken	3.10	30:24	9:48	24	12:11	181	12:11	12.10	1:27:25	7:13	22	31:42	161	31:42
Eiserner Handwe	3.60	17:42	4:54	13	5:06	111	5:06	15.70	1:45:07	6:41	21	36:48	148	36:48
Schlüsie	4.10	18:45	4:34	28	6:48	213	6:48	19.80	2:03:52	6:15	22	43:36	154	43:36
Loddenke	3.10	15:52	5:07	35	5:48	262	5:48	22.90	2:19:44	6:06	23	49:24	160	49:24
Ilseburg/Markt	3.30	17:12	5:12	30	5:48	231	5:48	26.20	2:36:56	5:59	24	55:12	169	55:12