



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Dietrich, Lars

Club: SV Innerstetal  
Number: 589

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:37:57

Speed: 9.88 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 195 (of 537)

Rank in course/Men: 176 (of 440)

Best time in course: 1:41:44

Rank in category: 26(of 61)

Best time in the category: 2:00:25

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	21:34	6:32	44	7:03	340	9:22	3.30	21:34	6:32	44	7:03	340	9:22
Schlüsie	3.10	20:51	6:43	26	4:42	199	7:27	6.40	42:25	6:37	36	11:24	276	16:49
Hermannsklippe	2.60	17:57	6:54	21	3:51	165	6:03	9.00	1:00:22	6:42	31	15:15	227	22:52
Brocken	3.10	29:21	9:28	21	6:51	148	11:08	12.10	1:29:43	7:24	25	21:40	195	34:00
Eiserner Handwe	3.60	19:17	5:21	28	5:18	198	6:41	15.70	1:49:00	6:56	26	26:42	187	40:41
Schlüsie	4.10	18:17	4:27	26	4:45	190	6:20	19.80	2:07:17	6:25	26	31:26	185	47:01
Loddenke	3.10	14:36	4:42	22	3:19	161	4:32	22.90	2:21:53	6:11	26	34:32	179	51:33
Ilseburg/Markt	3.30	16:04	4:52	20	3:07	144	4:40	26.20	2:37:57	6:01	26	37:32	176	56:13