



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Østergaard, John

Club: VLS

Number: 309

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:39:19

Speed: 9.79 km/h

Running performance: 6:05 min/km

Rank in course/Total: 203 (of 537)

Rank in course/Men: 185 (of 440)

Best time in course: 1:41:44

Rank in category: 5(of 32)

Best time in the category: 2:24:05

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	19:46	5:59	11	1:58	233	7:34	3.30	19:46	5:59	11	1:58	233	7:34
Schlüsie	3.10	21:40	6:59	10	2:23	254	8:16	6.40	41:26	6:28	10	3:55	240	15:50
Hermannsklippe	2.60	20:12	7:46	16	3:43	295	8:18	9.00	1:01:38	6:50	12	7:38	265	24:08
Brocken	3.10	32:24	10:27	14	4:22	258	14:11	12.10	1:34:02	7:46	12	12:00	260	38:19
Eiserner Handwe	3.60	18:26	5:07	5	1:52	157	5:50	15.70	1:52:28	7:09	8	13:01	232	44:09
Schlüsie	4.10	16:39	4:03	1	-	90	4:42	19.80	2:09:07	6:31	8	12:52	206	48:51
Loddenke	3.10	13:35	4:22	2	0:12	87	3:31	22.90	2:22:42	6:13	5	13:04	188	52:22
Ilseburg/Markt	3.30	16:37	5:02	5	2:10	189	5:13	26.20	2:39:19	6:04	5	15:14	185	57:35