



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Fox, Jan

Club: Halberstadt  
Number: 129

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:39:37

Speed: 9.77 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 205 (of 537)

Rank in course/Men: 187 (of 440)

Best time in course: 1:41:44

Rank in category: 26(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	20:13	6:07	40	8:01	260	8:01	3.30	20:13	6:07	40	8:01	260	8:01
Schlüsie	3.10	20:31	6:37	30	7:07	179	7:07	6.40	40:44	6:21	34	15:08	218	15:08
Hermannsklippe	2.60	18:13	7:00	25	6:19	178	6:19	9.00	58:57	6:33	32	21:27	200	21:27
Brocken	3.10	30:24	9:48	24	12:11	181	12:11	12.10	1:29:21	7:23	28	33:38	188	33:38
Eiserner Handwe	3.60	19:08	5:18	25	6:32	192	6:32	15.70	1:48:29	6:54	25	40:10	181	40:10
Schlüsie	4.10	18:37	4:32	27	6:40	205	6:40	19.80	2:07:06	6:25	26	46:50	182	46:50
Loddenke	3.10	15:27	4:59	32	5:23	230	5:23	22.90	2:22:33	6:13	26	52:13	186	52:13
Ilseburg/Markt	3.30	17:04	5:10	28	5:40	219	5:40	26.20	2:39:37	6:05	26	57:53	187	57:53