



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Goedecke, Sebastian

Club: Bonn
Number: 525

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:40:11

Speed: 9.74 km/h
Running performance: 6:07 min/km

Rank in course/Total: 209 (of 537)

Rank in course/Men: 190 (of 440)

Best time in course: 1:41:44

Rank in category: 30(of 57)

Best time in the category: 1:54:56

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:37	5:38	22	4:20	149	6:25	3.30	18:37	5:38	22	4:20	149	6:25
Schlüsie	3.10	21:36	6:58	33	5:51	248	8:12	6.40	40:13	6:17	29	10:11	191	14:37
Hermannsklippe	2.60	19:13	7:23	37	5:33	236	7:19	9.00	59:26	6:36	32	15:44	203	21:56
Brocken	3.10	31:05	10:01	32	10:16	199	12:52	12.10	1:30:31	7:28	32	26:00	210	34:48
Eiserner Handwe	3.60	19:18	5:21	29	5:41	200	6:42	15.70	1:49:49	6:59	30	31:41	196	41:30
Schlüsie	4.10	17:54	4:21	28	4:36	170	5:57	19.80	2:07:43	6:27	30	36:17	189	47:27
Loddenke	3.10	15:17	4:55	32	3:58	217	5:13	22.90	2:23:00	6:14	30	40:15	194	52:40
Ilseburg/Markt	3.30	17:11	5:12	34	5:00	229	5:47	26.20	2:40:11	6:06	30	45:15	190	58:27