



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Samp, Alexander

Club: Whiskey Running Team
Number: 10

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:40:18

Speed: 9.73 km/h
Running performance: 6:07 min/km

Rank in course/Total: 212 (of 537)

Rank in course/Men: 194 (of 440)

Best time in course: 1:41:44

Rank in category: 28(of 55)

Best time in the category: 2:00:57

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	21:04	6:23	40	7:07	308	8:52	3.30	21:04	6:23	40	7:07	308	8:52
Schlüsie	3.10	21:09	6:49	31	5:27	221	7:45	6.40	42:13	6:35	37	12:34	266	16:37
Hermannsklippe	2.60	18:39	7:10	30	4:26	207	6:45	9.00	1:00:52	6:45	33	17:00	245	23:22
Brocken	3.10	31:32	10:10	27	8:26	219	13:19	12.10	1:32:24	7:38	31	25:26	232	36:41
Eiserner Handwe	3.60	18:39	5:10	22	4:31	165	6:03	15.70	1:51:03	7:04	27	29:24	209	42:44
Schlüsie	4.10	17:27	4:15	15	3:56	140	5:30	19.80	2:08:30	6:29	26	32:14	199	48:14
Loddenke	3.10	14:38	4:43	23	3:54	164	4:34	22.90	2:23:08	6:15	28	34:38	196	52:48
Ilseburg/Markt	3.30	17:10	5:12	33	4:43	228	5:46	26.20	2:40:18	6:07	28	39:21	194	58:34