



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Krüger, Ralf

Club: MTV Jahn Schladen
Number: 241

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:40:50

Speed: 9.77 km/h
Running performance: 6:08 min/km

Rank in course/Total: 214 (of 537)

Rank in course/Men: 196 (of 440)

Best time in course: 1:41:44

Rank in category: 5(of 22)

Best time in the category: 2:22:09

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	18:19	5:33	2	1:12	126	6:07	3.30	18:19	5:33	2	1:12	126	6:07
Schlüsie	3.10	19:47	6:22	2	0:35	123	6:23	6.40	38:06	5:57	2	1:47	122	12:30
Hermannsklippe	2.60	17:43	6:48	4	0:31	152	5:49	9.00	55:49	6:12	2	2:18	124	18:19
Brocken	3.10	30:14	9:45	4	2:25	174	12:01	12.10	1:26:03	7:06	4	4:43	145	30:20
Eiserner Handwe	3.60	19:50	5:30	6	2:44	229	7:14	15.70	1:45:53	6:44	4	7:27	157	37:34
Schlüsie	4.10	19:48	4:49	10	4:09	276	7:51	19.80	2:05:41	6:20	4	11:36	172	45:25
Loddenke	3.10	16:31	5:19	9	3:17	297	6:27	22.90	2:22:12	6:12	4	14:53	181	51:52
Ilseburg/Markt	3.30	18:38	5:38	11	3:48	305	7:14	26.20	2:40:50	6:08	5	18:41	196	59:06