



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Joppe, Holger

Club: TSV Hilwartshausen
Number: 201

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:41:15

Speed: 9.67 km/h
Running performance: 6:09 min/km

Rank in course/Total: 219 (of 537)

Rank in course/Men: 200 (of 440)

Best time in course: 1:41:44

Rank in category: 24(of 59)

Best time in the category: 2:13:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	19:40	5:57	24	224	4:13	7:28	3.30	19:40	5:57	24	224	4:13	7:28
Schlüsie	3.10	21:38	6:58	27	252	3:44	8:14	6.40	41:18	6:27	25	237	7:53	15:42
Hermannsklippe	2.60	19:21	7:26	27	241	3:51	7:27	9.00	1:00:39	6:44	26	235	11:00	23:09
Brocken	3.10	32:30	10:29	30	264	7:48	14:17	12.10	1:33:09	7:41	26	242	17:47	37:26
Eiserner Handwe	3.60	19:38	5:27	27	220	4:20	7:02	15.70	1:52:47	7:11	27	236	21:37	44:28
Schlüsie	4.10	17:01	4:09	13	116	1:41	5:04	19.80	2:09:48	6:33	24	212	23:18	49:32
Loddenke	3.10	14:24	4:38	15	149	1:59	4:20	22.90	2:24:12	6:17	22	200	25:17	53:52
Ilseburg/Markt	3.30	17:03	5:10	31	217	3:13	5:39	26.20	2:41:15	6:09	24	200	28:06	59:31