



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Janssen, Hendrik

Club: Deine Mudda Hannover
Number: 592

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:41:19

Speed: 9.67 km/h
Running performance: 6:10 min/km

Rank in course/Total: 220 (of 537)

Rank in course/Men: 201 (of 440)

Best time in course: 1:41:44

Rank in category: 29(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	19:56	6:02	33	5:59	242	7:44	3.30	19:56	6:02	33	5:59	242	7:44
Schlüsie	3.10	19:55	6:25	18	4:13	140	6:31	6.40	39:51	6:13	25	10:12	182	14:15
Hermannsklippe	2.60	18:05	6:57	24	3:52	172	6:11	9.00	57:56	6:26	24	14:04	182	20:26
Brocken	3.10	31:46	10:14	29	8:40	229	13:33	12.10	1:29:42	7:24	26	22:44	193	33:59
Eiserner Handwe	3.60	22:26	6:13	46	8:18	343	9:50	15.70	1:52:08	7:08	33	30:29	228	43:49
Schlüsie	4.10	18:38	4:32	29	5:07	208	6:41	19.80	2:10:46	6:36	33	34:30	219	50:30
Loddenke	3.10	15:04	4:51	28	4:20	199	5:00	22.90	2:25:50	6:22	34	37:20	221	55:30
Ilseburg/Markt	3.30	15:29	4:41	14	3:02	111	4:05	26.20	2:41:19	6:09	29	40:22	201	59:35