



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Lau, Siu Hin

Club: Jena

Number: 250

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:41:35

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course/Total: 225 (of 537)

Rank in course/Men: 204 (of 440)

Best time in course: 1:41:44

Rank in category: 30(of 47)

Best time in the category: 1:41:44

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	16:52	5:06	9	4:40	67	4:40	3.30	16:52	5:06	9	4:40	67	4:40
Schlüsse	3.10	19:16	6:12	17	5:52	100	5:52	6.40	36:08	5:38	14	10:32	79	10:32
Hermannsklippe	2.60	19:01	7:18	33	7:07	224	7:07	9.00	55:09	6:07	20	17:39	116	17:39
Brocken	3.10	32:24	10:27	35	14:11	258	14:11	12.10	1:27:33	7:14	23	31:50	162	31:50
Eiserner Handwe	3.60	21:18	5:55	36	8:42	292	8:42	15.70	1:48:51	6:55	27	40:32	185	40:32
Schlüsse	4.10	20:03	4:53	37	8:06	289	8:06	19.80	2:08:54	6:30	29	48:38	201	48:38
Loddenke	3.10	15:50	5:06	33	5:46	257	5:46	22.90	2:24:44	6:19	29	54:24	208	54:24
Ilseburg/Markt	3.30	16:51	5:06	27	5:27	204	5:27	26.20	2:41:35	6:10	30	59:51	204	59:51