



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Kroker, Karsten

Club: Therapiezentrum Ummern  
Number: 238

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:41:51

Speed: 9.64 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 229 (of 537)

Rank in course/Men: 208 (of 440)

Best time in course: 1:41:44

Rank in category: 31(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	18:49	5:42	21	4:52	166	6:37	3.30	18:49	5:42	21	4:52	166	6:37
Schlüsie	3.10	20:20	6:33	24	4:38	169	6:56	6.40	39:09	6:07	20	9:30	160	13:33
Hermannsklippe	2.60	18:37	7:09	28	4:24	203	6:43	9.00	57:46	6:25	22	13:54	173	20:16
Brocken	3.10	32:58	10:38	36	9:52	278	14:45	12.10	1:30:44	7:29	29	23:46	213	35:01
Eiserner Handwe	3.60	21:22	5:56	35	7:14	297	8:46	15.70	1:52:06	7:08	32	30:27	226	43:47
Schlüsie	4.10	19:04	4:39	33	5:33	230	7:07	19.80	2:11:10	6:37	34	34:54	223	50:54
Loddenke	3.10	14:21	4:37	18	3:37	145	4:17	22.90	2:25:31	6:21	32	37:01	216	55:11
Ilseburg/Markt	3.30	16:20	4:56	21	3:53	167	4:56	26.20	2:41:51	6:10	31	40:54	208	1:00:07