



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Zick, Torsten

Club: LG Wassersuppe
Number: 486

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:41:59

Speed: 9.63 km/h
Running performance: 6:11 min/km

Rank in course/Total: 233 (of 537)

Rank in course/Men: 211 (of 440)

Best time in course: 1:41:44

Rank in category: 7(of 32)

Best time in the category: 2:24:05

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	19:47	5:59	12	1:59	234	7:35	3.30	19:47	5:59	12	1:59	234	7:35
Schlüsie	3.10	20:58	6:45	6	1:41	207	7:34	6.40	40:45	6:22	7	3:14	219	15:09
Hermannsklippe	2.60	17:42	6:48	2	1:13	151	5:48	9.00	58:27	6:29	5	4:27	192	20:57
Brocken	3.10	31:16	10:05	9	3:14	207	13:03	12.10	1:29:43	7:24	6	7:41	195	34:00
Eiserner Handwe	3.60	18:45	5:12	7	2:11	171	6:09	15.70	1:48:28	6:54	5	9:01	180	40:09
Schlüsie	4.10	19:50	4:50	14	3:11	279	7:53	19.80	2:08:18	6:28	5	12:03	195	48:02
Loddenke	3.10	16:17	5:15	16	2:54	282	6:13	22.90	2:24:35	6:18	8	14:57	205	54:15
Ilseburg/Markt	3.30	17:24	5:16	10	2:57	244	6:00	26.20	2:41:59	6:10	7	17:54	211	1:00:15