



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

John, Nils

Club: Frankfurt am Main
Number: 198

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:42:02

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

Rank in course/Total: 235 (of 537)

Rank in course/Men: 212 (of 440)

Best time in course: 1:41:44

Rank in category: 36(of 65)

Best time in the category: 1:52:36

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	21:52	6:37	54	8:20	353	9:40	3.30	21:52	6:37	54	8:20	353	9:40
Schlüsie	3.10	21:57	7:04	47	7:11	273	8:33	6.40	43:49	6:50	53	15:19	319	18:13
Hermannsklippe	2.60	19:07	7:21	44	6:14	230	7:13	9.00	1:02:56	6:59	50	21:33	296	25:26
Brocken	3.10	33:56	10:56	56	13:10	311	15:43	12.10	1:36:52	8:00	53	34:43	299	41:09
Eiserner Handwe	3.60	17:54	4:58	27	4:47	130	5:18	15.70	1:54:46	7:18	48	38:55	264	46:27
Schlüsie	4.10	16:59	4:08	24	4:02	112	5:02	19.80	2:11:45	6:39	43	42:46	234	51:29
Loddenke	3.10	13:53	4:28	24	3:03	105	3:49	22.90	2:25:38	6:21	38	45:34	217	55:18
Ilseburg/Markt	3.30	16:24	4:58	29	4:38	172	5:00	26.20	2:42:02	6:11	36	49:26	212	1:00:18