



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Sander, Jonas

Club: LAV 07 Bad Harzburg
Number: 358

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:42:05

Speed: 9.62 km/h
Running performance: 6:11 min/km

Rank in course/Total: 236 (of 537)

Rank in course/Men: 213 (of 440)

Best time in course: 1:41:44

Rank in category: 37(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	18:13	5:31	25	4:41	118	6:01	3.30	18:13	5:31	25	4:41	118	6:01
Schlüsse	3.10	19:46	6:22	23	5:00	120	6:22	6.40	37:59	5:56	26	9:29	120	12:23
Hermannsklippe	2.60	17:33	6:45	29	4:40	142	5:39	9.00	55:32	6:10	25	14:09	120	18:02
Brocken	3.10	29:16	9:26	29	8:30	140	11:03	12.10	1:24:48	7:00	27	22:39	128	29:05
Eiserner Handwe	3.60	18:49	5:13	34	5:42	173	6:13	15.70	1:43:37	6:35	27	27:46	131	35:18
Schlüsse	4.10	18:35	4:31	36	5:38	204	6:38	19.80	2:02:12	6:10	28	33:13	133	41:56
Loddenke	3.10	17:54	5:46	58	7:04	363	7:50	22.90	2:20:06	6:07	31	40:02	162	49:46
Ilseburg/Markt	3.30	21:59	6:39	61	10:13	409	10:35	26.20	2:42:05	6:11	37	49:29	213	1:00:21