



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Stephan, Thomas

Club: Quedlinburg

Number: 407

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:42:18

Speed: 9.61 km/h

Running performance: 6:11 min/km

Rank in course/Total: 241 (of 537)

Rank in course/Men: 217 (of 440)

Best time in course: 1:41:44

Rank in category: 30(of 61)

Best time in the category: 2:00:25

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	18:23	5:34	18	3:52	130	6:11	3.30	18:23	5:34	18	3:52	130	6:11
Schlüsse	3.10	21:07	6:48	31	4:58	217	7:43	6.40	39:30	6:10	23	8:29	170	13:54
Hermannsklippe	2.60	20:03	7:42	39	5:57	286	8:09	9.00	59:33	6:36	28	14:26	206	22:03
Brocken	3.10	31:07	10:02	27	8:37	200	12:54	12.10	1:30:40	7:29	28	22:37	212	34:57
Eiserner Handwe	3.60	20:01	5:33	33	6:02	239	7:25	15.70	1:50:41	7:02	31	28:23	206	42:22
Schlüsse	4.10	19:45	4:49	36	6:13	273	7:48	19.80	2:10:26	6:35	29	34:35	216	50:10
Loddenke	3.10	15:18	4:56	31	4:01	221	5:14	22.90	2:25:44	6:21	30	38:23	218	55:24
Ilseburg/Markt	3.30	16:34	5:01	27	3:37	183	5:10	26.20	2:42:18	6:11	30	41:53	217	1:00:34