



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Henke, Lennart

Club: Clausthal-Zellerfeld  
Number: 591

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:42:35

Speed: 9.60 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 242 (of 537)

Rank in course/Men: 218 (of 440)

Best time in course: 1:41:44

Rank in category: 19(of 34)

Best time in the category: 1:57:58

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	19:24	5:52	20	5:32	200	7:12	3.30	19:24	5:52	20	5:32	200	7:12
Schlüsie	3.10	21:47	7:01	23	6:25	258	8:23	6.40	41:11	6:26	23	11:57	235	15:35
Hermannsklippe	2.60	20:15	7:47	26	6:44	299	8:21	9.00	1:01:26	6:49	23	18:41	258	23:56
Brocken	3.10	31:54	10:17	20	11:03	234	13:41	12.10	1:33:20	7:42	22	29:44	247	37:37
Eiserner Handwe	3.60	18:36	5:10	15	4:05	164	6:00	15.70	1:51:56	7:07	20	32:51	221	43:37
Schlüsie	4.10	19:49	4:50	23	6:24	277	7:52	19.80	2:11:45	6:39	21	37:32	234	51:29
Loddenke	3.10	14:45	4:45	19	3:53	175	4:41	22.90	2:26:30	6:23	20	41:25	224	56:10
Ilseburg/Markt	3.30	16:05	4:52	18	3:27	146	4:41	26.20	2:42:35	6:12	19	44:37	218	1:00:51