



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Meyer zu Schwabedissen, Thomas Adami **Total time: 2:43:17**

Club: Frankfurt am Main
Number: 293

Speed: 9.55 km/h
Running performance: 6:14 min/km

Course: 26.20 km
26,2 km - Lauf

Rank in course/Total: 249 (of 537)
Rank in course/Men: 223 (of 440)
Best time in course: 1:41:44

Category:
Senioren M35 (35-39 Jahre)

Rank in category: 38(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	33:47	10:53	55	13:01	307	15:34	12.10	1:36:43	7:59	51	34:34	297	41:00
Eiserner Handwe	3.60	18:03	5:00	28	4:56	141	5:27	15.70	1:54:46	7:18	48	38:55	264	46:27
Schlüsie	4.10	16:56	4:07	22	3:59	108	4:59	19.80	2:11:42	6:39	42	42:43	233	51:26
Loddenke	3.10	14:02	4:31	25	3:12	117	3:58	22.90	2:25:44	6:21	39	45:40	218	55:24
Ilseburg/Markt	3.30	17:33	5:19	38	5:47	253	6:09	26.20	2:43:17	6:13	38	50:41	223	1:01:33