



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Kegel, Rene

Club: Herzebrock-Clarholz
Number: 206

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:19

Speed: 9.63 km/h
Running performance: 6:14 min/km

Rank in course/Total: 250 (of 537)

Rank in course/Men: 224 (of 440)

Best time in course: 1:41:44

Rank in category: 34(of 55)

Best time in the category: 2:00:57

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	20:07	6:05	36	6:10	257	7:55	3.30	20:07	6:05	36	6:10	257	7:55
Schlüsie	3.10	21:12	6:50	32	5:30	224	7:48	6.40	41:19	6:27	34	11:40	238	15:43
Hermannsklippe	2.60	19:34	7:31	36	5:21	259	7:40	9.00	1:00:53	6:45	34	17:01	246	23:23
Brocken	3.10	31:35	10:11	28	8:29	220	13:22	12.10	1:32:28	7:38	33	25:30	234	36:45
Eiserner Handwe	3.60	19:33	5:25	32	5:25	211	6:57	15.70	1:52:01	7:08	31	30:22	222	43:42
Schlüsie	4.10	19:15	4:41	35	5:44	245	7:18	19.80	2:11:16	6:37	35	35:00	227	51:00
Loddenke	3.10	15:13	4:54	30	4:29	214	5:09	22.90	2:26:29	6:23	35	37:59	223	56:09
Ilseburg/Markt	3.30	16:50	5:06	26	4:23	201	5:26	26.20	2:43:19	6:14	34	42:22	224	1:01:35