



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Zhou, Wei

Club: Garbsen
Number: 483

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:43:25

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

Rank in course/Total: 251 (of 537)

Rank in course/Men: 225 (of 440)

Best time in course: 1:41:44

Rank in category: 32(of 57)

Best time in the category: 1:54:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:26	5:35	21	4:09	137	6:14	3.30	18:26	5:35	21	4:09	137	6:14
Schlüsie	3.10	21:58	7:05	35	6:13	275	8:34	6.40	40:24	6:18	32	10:22	207	14:48
Hermannsklippe	2.60	19:10	7:22	36	5:30	234	7:16	9.00	59:34	6:37	33	15:52	209	22:04
Brocken	3.10	33:27	10:47	43	12:38	296	15:14	12.10	1:33:01	7:41	34	28:30	239	37:18
Eiserner Handwe	3.60	20:39	5:44	36	7:02	265	8:03	15.70	1:53:40	7:14	34	35:32	248	45:21
Schlüsie	4.10	19:14	4:41	35	5:56	243	7:17	19.80	2:12:54	6:42	33	41:28	252	52:38
Loddenke	3.10	14:16	4:36	25	2:57	138	4:12	22.90	2:27:10	6:25	32	44:25	232	56:50
Ilseburg/Markt	3.30	16:15	4:55	23	4:04	159	4:51	26.20	2:43:25	6:14	32	48:29	225	1:01:41