



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Nowotny, Erwin

Club: Meilenweit Potsdam
Number: 307

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:44:14

Speed: 9.50 km/h
Running performance: 6:16 min/km

Rank in course/Total: 256 (of 537)

Rank in course/Men: 229 (of 440)

Best time in course: 1:41:44

Rank in category: 10(of 32)

Best time in the category: 2:24:05

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	19:32	5:55	10	1:44	217	7:20	3.30	19:32	5:55	10	1:44	217	7:20
Schlüsie	3.10	22:39	7:18	15	3:22	311	9:15	6.40	42:11	6:35	14	4:40	265	16:35
Hermannsklippe	2.60	20:26	7:51	17	3:57	305	8:32	9.00	1:02:37	6:57	14	8:37	290	25:07
Brocken	3.10	32:53	10:36	16	4:51	274	14:40	12.10	1:35:30	7:53	14	13:28	283	39:47
Eiserner Handwe	3.60	17:55	4:58	4	1:21	131	5:19	15.70	1:53:25	7:13	12	13:58	245	45:06
Schlüsie	4.10	17:45	4:19	4	1:06	161	5:48	19.80	2:11:10	6:37	9	14:55	223	50:54
Loddenke	3.10	15:11	4:53	8	1:48	212	5:07	22.90	2:26:21	6:23	9	16:43	222	56:01
Ilseburg/Markt	3.30	17:53	5:25	14	3:26	264	6:29	26.20	2:44:14	6:16	10	20:09	229	1:02:30