



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Wernecke, Frank

Club: W+J

Number: 570

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:44:44

Speed: 9.47 km/h

Running performance: 6:17 min/km

Rank in course/Total: 264 (of 537)

Rank in course/Men: 236 (of 440)

Best time in course: 1:41:44

Rank in category: 29(of 59)

Best time in the category: 2:13:09

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	19:20	5:51	18	3:53	195	7:08	3.30	19:20	5:51	18	3:53	195	7:08
Schlüsie	3.10	22:49	7:21	41	4:55	318	9:25	6.40	42:09	6:35	34	8:44	264	16:33
Hermannsklippe	2.60	21:00	8:04	41	5:30	337	9:06	9.00	1:03:09	7:00	38	13:30	300	25:39
Brocken	3.10	32:23	10:26	28	7:41	257	14:10	12.10	1:35:32	7:53	35	20:10	284	39:49
Eiserner Handwe	3.60	18:56	5:15	18	3:38	186	6:20	15.70	1:54:28	7:17	30	23:18	256	46:09
Schlüsie	4.10	16:31	4:01	10	1:11	84	4:34	19.80	2:10:59	6:36	25	24:29	221	50:43
Loddenke	3.10	15:44	5:04	35	3:19	250	5:40	22.90	2:26:43	6:24	25	27:48	229	56:23
Ilseburg/Markt	3.30	18:01	5:27	35	4:11	269	6:37	26.20	2:44:44	6:17	29	31:35	236	1:03:00