



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Pörksen, Thorge

Club: Hamburger Hügel Läufer
Number: 323

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:44:47

Speed: 9.47 km/h
Running performance: 6:17 min/km

Rank in course/Total: 265 (of 537)

Rank in course/Men: 237 (of 440)

Best time in course: 1:41:44

Rank in category: 39(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	18:23	5:34	26	4:51	130	6:11	3.30	18:23	5:34	26	4:51	130	6:11
Schlüsie	3.10	20:36	6:38	36	5:50	186	7:12	6.40	38:59	6:05	32	10:29	150	13:23
Hermannsklippe	2.60	19:25	7:28	47	6:32	252	7:31	9.00	58:24	6:29	35	17:01	191	20:54
Brocken	3.10	32:58	10:38	51	12:12	278	14:45	12.10	1:31:22	7:33	44	29:13	223	35:39
Eiserner Handwe	3.60	20:40	5:44	49	7:33	267	8:04	15.70	1:52:02	7:08	42	36:11	223	43:43
Schlüsie	4.10	20:25	4:58	53	7:28	299	8:28	19.80	2:12:27	6:41	46	43:28	240	52:11
Loddenke	3.10	15:40	5:03	39	4:50	244	5:36	22.90	2:28:07	6:28	43	48:03	242	57:47
Ilseburg/Markt	3.30	16:40	5:03	31	4:54	190	5:16	26.20	2:44:47	6:17	39	52:11	237	1:03:03