



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Latting, Stephan

Club: Göttingen

Number: 249

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:45:40

Speed: 9.42 km/h

Running performance: 6:19 min/km

Rank in course/Total: 276 (of 537)

Rank in course/Men: 245 (of 440)

Best time in course: 1:41:44

Rank in category: 36(of 47)

Best time in the category: 1:41:44

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	20:06	6:05	39	7:54	255	7:54	3.30	20:06	6:05	39	7:54	255	7:54
Schlüsle	3.10	21:35	6:57	38	8:11	247	8:11	6.40	41:41	6:30	39	16:05	244	16:05
Hermannsklippe	2.60	18:42	7:11	30	6:48	209	6:48	9.00	1:00:23	6:42	36	22:53	229	22:53
Brocken	3.10	31:19	10:06	30	13:06	211	13:06	12.10	1:31:42	7:34	35	35:59	225	35:59
Eiserner Handwe	3.60	21:17	5:54	34	8:41	289	8:41	15.70	1:52:59	7:11	36	44:40	241	44:40
Schlüsle	4.10	19:38	4:47	35	7:41	265	7:41	19.80	2:12:37	6:41	36	52:21	246	52:21
Loddenke	3.10	14:42	4:44	24	4:38	170	4:38	22.90	2:27:19	6:25	34	56:59	233	56:59
Ilseburg/Markt	3.30	18:21	5:33	37	6:57	291	6:57	26.20	2:45:40	6:19	36	1:03:56	245	1:03:56