



# 52. Brockenlauf

Ilseburg / 02.09.2023

## Detailed evaluation

**Thiessen, Gerhard**

Club: Minden  
Number: 428

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:45:42

Speed: 9.41 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 277 (of 537)

Rank in course/Men: 246 (of 440)

Best time in course: 1:41:44

Rank in category: 42(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	19:29	5:54	38	5:57	211	7:17	3.30	19:29	5:54	38	5:57	211	7:17
Schlüsie	3.10	22:15	7:10	52	7:29	292	8:51	6.40	41:44	6:31	43	13:14	251	16:08
Hermannsklippe	2.60	20:08	7:44	52	7:15	292	8:14	9.00	1:01:52	6:52	47	20:29	274	24:22
Brocken	3.10	33:26	10:47	53	12:40	295	15:13	12.10	1:35:18	7:52	49	33:09	275	39:35
Eiserner Handwe	3.60	18:54	5:14	36	5:47	184	6:18	15.70	1:54:12	7:16	45	38:21	253	45:53
Schlüsie	4.10	18:01	4:23	33	5:04	175	6:04	19.80	2:12:13	6:40	45	43:14	239	51:57
Loddenke	3.10	15:21	4:57	34	4:31	224	5:17	22.90	2:27:34	6:26	41	47:30	239	57:14
Ilseburg/Markt	3.30	18:08	5:29	41	6:22	276	6:44	26.20	2:45:42	6:19	42	53:06	246	1:03:58