



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Künzel, Steven

Club: Stiftung Wadentest
Number: 243

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:49:01

Speed: 9.23 km/h
Running performance: 6:27 min/km

Rank in course/Total: 297 (of 537)

Rank in course/Men: 262 (of 440)

Best time in course: 1:41:44

Rank in category: 34(of 57)

Best time in the category: 1:54:56

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	22:14	6:44	49	7:57	375	10:02	3.30	22:14	6:44	49	7:57	375	10:02
Schlüsie	3.10	23:10	7:28	45	7:25	338	9:46	6.40	45:24	7:05	49	15:22	356	19:48
Hermannsklippe	2.60	18:25	7:05	30	4:45	189	6:31	9.00	1:03:49	7:05	41	20:07	310	26:19
Brocken	3.10	31:39	10:12	36	10:50	223	13:26	12.10	1:35:28	7:53	39	30:57	281	39:45
Eiserner Handwe	3.60	19:59	5:33	32	6:22	238	7:23	15.70	1:55:27	7:21	36	37:19	272	47:08
Schlüsie	4.10	19:29	4:45	37	6:11	257	7:32	19.80	2:14:56	6:48	36	43:30	271	54:40
Loddenke	3.10	15:51	5:06	37	4:32	259	5:47	22.90	2:30:47	6:35	34	48:02	263	1:00:27
Ilseburg/Markt	3.30	18:14	5:31	39	6:03	284	6:50	26.20	2:49:01	6:27	34	54:05	262	1:07:17