



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Grösche, Christian

Club: Braunschweig
Number: 152

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:49:07

Speed: 9.22 km/h
Running performance: 6:27 min/km

Rank in course/Total: 299 (of 537)

Rank in course/Men: 264 (of 440)

Best time in course: 1:41:44

Rank in category: 46(of 65)

Best time in the category: 1:52:36

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	21:03	6:22	49	7:31	306	8:51	3.30	21:03	6:22	49	7:31	306	8:51
Schlüsie	3.10	21:50	7:02	45	7:04	261	8:26	6.40	42:53	6:42	49	14:23	290	17:17
Hermannsklippe	2.60	19:05	7:20	42	6:12	227	7:11	9.00	1:01:58	6:53	48	20:35	277	24:28
Brocken	3.10	33:00	10:38	52	12:14	282	14:47	12.10	1:34:58	7:50	48	32:49	271	39:15
Eiserner Handwe	3.60	19:54	5:31	43	6:47	233	7:18	15.70	1:54:52	7:18	50	39:01	267	46:33
Schlüsie	4.10	19:54	4:51	50	6:57	282	7:57	19.80	2:14:46	6:48	49	45:47	268	54:30
Loddenke	3.10	16:12	5:13	44	5:22	279	6:08	22.90	2:30:58	6:35	49	50:54	267	1:00:38
Ilseburg/Markt	3.30	18:09	5:30	42	6:23	278	6:45	26.20	2:49:07	6:27	46	56:31	264	1:07:23