



# 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 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     | 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    |