



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Breder, Torsten

Club: Bielefeld
Number: 69

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:49:28

Speed: 9.28 km/h
Running performance: 6:28 min/km

Rank in course/Total: 305 (of 537)

Rank in course/Men: 269 (of 440)

Best time in course: 1:41:44

Rank in category: 37(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	21:22	6:28	45	7:05	325	9:10	3.30	21:22	6:28	45	7:05	325	9:10
Schlüsie	3.10	21:28	6:55	32	5:43	241	8:04	6.40	42:50	6:41	37	12:48	289	17:14
Hermannsklippe	2.60	18:48	7:13	35	5:08	215	6:54	9.00	1:01:38	6:50	34	17:56	265	24:08
Brocken	3.10	31:56	10:18	37	11:07	236	13:43	12.10	1:33:34	7:43	36	29:03	249	37:51
Eiserner Handwe	3.60	20:55	5:48	37	7:18	272	8:19	15.70	1:54:29	7:17	35	36:21	258	46:10
Schlüsie	4.10	19:57	4:51	38	6:39	286	8:00	19.80	2:14:26	6:47	35	43:00	265	54:10
Loddenke	3.10	16:16	5:14	40	4:57	280	6:12	22.90	2:30:42	6:34	33	47:57	261	1:00:22
Ilseburg/Markt	3.30	18:46	5:41	44	6:35	312	7:22	26.20	2:49:28	6:28	37	54:32	269	1:07:44