



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Sary, Dieter

Club: Harz-Gebirgslauf Wernigerode
Number: 560

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:49:36

Speed: 9.20 km/h
Running performance: 6:28 min/km

Rank in course/Total: 308 (of 537)

Rank in course/Men: 272 (of 440)

Best time in course: 1:41:44

Rank in category: 12(of 32)

Best time in the category: 2:24:05

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	19:21	5:51	7	1:33	196	7:09	3.30	19:21	5:51	7	1:33	196	7:09
Schlüsie	3.10	22:21	7:12	14	3:04	295	8:57	6.40	41:42	6:30	12	4:11	248	16:06
Hermannsklippe	2.60	19:30	7:30	10	3:01	256	7:36	9.00	1:01:12	6:48	10	7:12	255	23:42
Brocken	3.10	30:50	9:56	6	2:48	193	12:37	12.10	1:32:02	7:36	7	10:00	229	36:19
Eiserner Handwe	3.60	20:46	5:46	14	4:12	269	8:10	15.70	1:52:48	7:11	9	13:21	237	44:29
Schlüsie	4.10	20:31	5:00	19	3:52	302	8:34	19.80	2:13:19	6:43	12	17:04	256	53:03
Loddenke	3.10	16:34	5:20	18	3:11	299	6:30	22.90	2:29:53	6:32	12	20:15	255	59:33
Ilseburg/Markt	3.30	19:43	5:58	24	5:16	353	8:19	26.20	2:49:36	6:28	12	25:31	272	1:07:52