



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Koenitz, Benno

Club: Leipzig
Number: 568

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:49:54

Speed: 9.18 km/h
Running performance: 6:29 min/km

Rank in course/Total: 312 (of 537)

Rank in course/Men: 276 (of 440)

Best time in course: 1:41:44

Rank in category: 23(of 34)

Best time in the category: 1:57:58

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	20:03	6:04	23	6:11	250	7:51	3.30	20:03	6:04	23	6:11	250	7:51
Schlüsie	3.10	21:00	6:46	20	5:38	209	7:36	6.40	41:03	6:24	22	11:49	232	15:27
Hermannsklippe	2.60	19:03	7:19	20	5:32	225	7:09	9.00	1:00:06	6:40	20	17:21	220	22:36
Brocken	3.10	33:08	10:41	25	12:17	286	14:55	12.10	1:33:14	7:42	21	29:38	245	37:31
Eiserner Handwe	3.60	21:34	5:59	27	7:03	314	8:58	15.70	1:54:48	7:18	22	35:43	266	46:29
Schlüsie	4.10	22:15	5:25	32	8:50	372	10:18	19.80	2:17:03	6:55	24	42:50	287	56:47
Loddenke	3.10	16:22	5:16	24	5:30	289	6:18	22.90	2:33:25	6:41	25	48:20	288	1:03:05
Ilseburg/Markt	3.30	16:29	4:59	19	3:51	179	5:05	26.20	2:49:54	6:29	23	51:56	276	1:08:10