



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Herberg, Kay

Club: Hannover
Number: 175

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:50:52

Speed: 9.13 km/h
Running performance: 6:31 min/km

Rank in course/Total: 320 (of 537)

Rank in course/Men: 282 (of 440)

Best time in course: 1:41:44

Rank in category: 37(of 59)

Best time in the category: 2:13:09

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	19:24	5:52	19	3:57	200	7:12	3.30	19:24	5:52	19	3:57	200	7:12
Schlüsie	3.10	21:21	6:53	25	3:27	229	7:57	6.40	40:45	6:22	23	7:20	219	15:09
Hermannsklippe	2.60	19:34	7:31	29	4:04	259	7:40	9.00	1:00:19	6:42	24	10:40	225	22:49
Brocken	3.10	33:42	10:52	40	9:00	305	15:29	12.10	1:34:01	7:46	30	18:39	258	38:18
Eiserner Handwe	3.60	21:31	5:58	37	6:13	308	8:55	15.70	1:55:32	7:21	34	24:22	276	47:13
Schlüsie	4.10	19:38	4:47	35	4:18	265	7:41	19.80	2:15:10	6:49	34	28:40	274	54:54
Loddenke	3.10	16:56	5:27	43	4:31	328	6:52	22.90	2:32:06	6:38	34	33:11	275	1:01:46
Ilseburg/Markt	3.30	18:46	5:41	39	4:56	312	7:22	26.20	2:50:52	6:31	37	37:43	282	1:09:08