



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Severinsen, Torben

Club: Bjørnebanden
Number: 395

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:51:03

Speed: 9.12 km/h
Running performance: 6:32 min/km

Rank in course/Total: 322 (of 537)

Rank in course/Men: 284 (of 440)

Best time in course: 1:41:44

Rank in category: 38(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	19:51	6:00	31	4:24	239	7:39	3.30	19:51	6:00	31	4:24	239	7:39
Schlüsie	3.10	23:22	7:32	47	5:28	345	9:58	6.40	43:13	6:45	40	9:48	301	17:37
Hermannsklippe	2.60	22:07	8:30	50	6:37	369	10:13	9.00	1:05:20	7:15	43	15:41	336	27:50
Brocken	3.10	34:55	11:15	45	10:13	344	16:42	12.10	1:40:15	8:17	45	24:53	343	44:32
Eiserner Handwe	3.60	19:34	5:26	24	4:16	214	6:58	15.70	1:59:49	7:37	41	28:39	319	51:30
Schlüsie	4.10	18:54	4:36	28	3:34	222	6:57	19.80	2:18:43	7:00	40	32:13	301	58:27
Loddenke	3.10	15:05	4:51	29	2:40	202	5:01	22.90	2:33:48	6:42	39	34:53	292	1:03:28
Ilseburg/Markt	3.30	17:15	5:13	33	3:25	234	5:51	26.20	2:51:03	6:31	38	37:54	284	1:09:19