



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Sehring, Florian

Club: Clausthal-Zellerfeld
Number: 393

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:51:23

Speed: 9.10 km/h
Running performance: 6:32 min/km

Rank in course/Total: 327 (of 537)

Rank in course/Men: 288 (of 440)

Best time in course: 1:41:44

Rank in category: 40(of 47)

Best time in the category: 1:41:44

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	19:29	5:54	34	7:17	211	7:17	3.30	19:29	5:54	34	7:17	211	7:17
Schlüsie	3.10	22:49	7:21	43	9:25	318	9:25	6.40	42:18	6:36	41	16:42	271	16:42
Hermannsklippe	2.60	20:29	7:52	43	8:35	310	8:35	9.00	1:02:47	6:58	42	25:17	294	25:17
Brocken	3.10	34:39	11:10	43	16:26	336	16:26	12.10	1:37:26	8:03	43	41:43	307	41:43
Eiserner Handwe	3.60	20:36	5:43	32	8:00	263	8:00	15.70	1:58:02	7:31	42	49:43	294	49:43
Schlüsie	4.10	19:30	4:45	33	7:33	258	7:33	19.80	2:17:32	6:56	41	57:16	290	57:16
Loddenke	3.10	15:51	5:06	34	5:47	259	5:47	22.90	2:33:23	6:41	40	1:03:03	286	1:03:03
Ilseburg/Markt	3.30	18:00	5:27	35	6:36	268	6:36	26.20	2:51:23	6:32	40	1:09:39	288	1:09:39