



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Lewandowsky, Bjoern

Club: MTV Jahn Schladen  
Number: 256

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:51:26

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

Rank in course/Total: 328 (of 537)

Rank in course/Men: 289 (of 440)

Best time in course: 1:41:44

Rank in category: 38(of 57)

Best time in the category: 1:54:56

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	19:58	6:03	33	5:41	248	7:46	3.30	19:58	6:03	33	5:41	248	7:46
Schlüsie	3.10	21:55	7:04	34	6:10	268	8:31	6.40	41:53	6:32	34	11:51	256	16:17
Hermannsklippe	2.60	19:55	7:39	41	6:15	279	8:01	9.00	1:01:48	6:51	36	18:06	271	24:18
Brocken	3.10	32:58	10:38	42	12:09	278	14:45	12.10	1:34:46	7:49	37	30:15	268	39:03
Eiserner Handwe	3.60	23:58	6:39	49	10:21	379	11:22	15.70	1:58:44	7:33	40	40:36	304	50:25
Schlüsie	4.10	20:37	5:01	40	7:19	306	8:40	19.80	2:19:21	7:02	39	47:55	305	59:05
Loddenke	3.10	15:39	5:02	34	4:20	243	5:35	22.90	2:35:00	6:46	39	52:15	298	1:04:40
Ilseburg/Markt	3.30	16:26	4:58	28	4:15	174	5:02	26.20	2:51:26	6:32	38	56:30	289	1:09:42