



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Alb, Kristian

Club: Hannover
Number: 3

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:53:07

Speed: 9.01 km/h
Running performance: 6:37 min/km

Rank in course/Total: 341 (of 537)

Rank in course/Men: 296 (of 440)

Best time in course: 1:41:44

Rank in category: 39(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	20:15	6:08	36	5:58	263	8:03	3.30	20:15	6:08	36	5:58	263	8:03				
Schlüsie	3.10	20:08	6:29	26	4:23	152	6:44	6.40	40:23	6:18	31	10:21	206	14:47				
Hermannsklippe	2.60	17:12	6:36	21	3:32	109	5:18	9.00	57:35	6:23	28	13:53	167	20:05				
Brocken	3.10	26:02	8:23	10	5:13	58	7:49	12.10	1:23:37	6:54	22	19:06	113	27:54				
Eiserner Handwe	3.60	18:50	5:13	28	5:13	175	6:14	15.70	1:42:27	6:31	23	24:19	119	34:08				
Schlüsie	4.10	23:38	5:45	53	10:20	402	11:41	19.80	2:06:05	6:22	28	34:39	175	45:49				
Loddenke	3.10	28:48	9:17	57	17:29	440	18:44	22.90	2:34:53	6:45	38	52:08	297	1:04:33				
Ilseburg/Markt	3.30	18:14	5:31	39	6:03	284	6:50	26.20	2:53:07	6:36	39	58:11	296	1:11:23				