



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Blank, Thomas

Club: Lehndorfer TSV
Number: 57

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:54:02

Speed: 8.96 km/h
Running performance: 6:38 min/km

Rank in course/Total: 350 (of 537)

Rank in course/Men: 303 (of 440)

Best time in course: 1:41:44

Rank in category: 40(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	22:52	6:55	55	8:35	405	10:40	3.30	22:52	6:55	55	8:35	405	10:40
Schlüsie	3.10	22:58	7:24	41	7:13	326	9:34	6.40	45:50	7:09	51	15:48	362	20:14
Hermannsklippe	2.60	19:43	7:34	40	6:03	266	7:49	9.00	1:05:33	7:16	47	21:51	341	28:03
Brocken	3.10	32:47	10:34	41	11:58	272	14:34	12.10	1:38:20	8:07	42	33:49	321	42:37
Eiserner Handwe	3.60	21:55	6:05	43	8:18	324	9:19	15.70	2:00:15	7:39	45	42:07	331	51:56
Schlüsie	4.10	21:01	5:07	42	7:43	322	9:04	19.80	2:21:16	7:08	44	49:50	327	1:01:00
Loddenke	3.10	15:53	5:07	39	4:34	264	5:49	22.90	2:37:09	6:51	41	54:24	318	1:06:49
Ilseburg/Markt	3.30	16:53	5:06	32	4:42	207	5:29	26.20	2:54:02	6:38	40	59:06	303	1:12:18