



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Göthel, René

Club: TSV Victoria Linden
Number: 526

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:54:23

Speed: 8.95 km/h
Running performance: 6:40 min/km

Rank in course/Total: 351 (of 537)

Rank in course/Men: 304 (of 440)

Best time in course: 1:41:44

Rank in category: 43(of 55)

Best time in the category: 2:00:57

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	19:16	5:50	27	5:19	190	7:04	3.30	19:16	5:50	27	5:19	190	7:04
Schlüsie	3.10	22:25	7:13	44	6:43	302	9:01	6.40	41:41	6:30	36	12:02	244	16:05
Hermannsklippe	2.60	20:39	7:56	43	6:26	318	8:45	9.00	1:02:20	6:55	41	18:28	284	24:50
Brocken	3.10	35:02	11:18	46	11:56	347	16:49	12.10	1:37:22	8:02	40	30:24	306	41:39
Eiserner Handwe	3.60	21:30	5:58	40	7:22	307	8:54	15.70	1:58:52	7:34	40	37:13	306	50:33
Schlüsie	4.10	21:04	5:08	45	7:33	325	9:07	19.80	2:19:56	7:04	41	43:40	310	59:40
Loddenke	3.10	16:19	5:15	44	5:35	286	6:15	22.90	2:36:15	6:49	41	47:45	309	1:05:55
Ilseburg/Markt	3.30	18:08	5:29	43	5:41	276	6:44	26.20	2:54:23	6:39	43	53:26	304	1:12:39