



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Praefke, Frank

Club: LTH-Essen
Number: 324

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:54:24

Speed: 8.94 km/h
Running performance: 6:40 min/km

Rank in course/Total: 352 (of 537)

Rank in course/Men: 305 (of 440)

Best time in course: 1:41:44

Rank in category: 40(of 59)

Best time in the category: 2:13:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:23	6:28	47	5:56	327	9:11	3.30	21:23	6:28	47	5:56	327	9:11
Schlüsie	3.10	23:13	7:29	46	5:19	340	9:49	6.40	44:36	6:58	44	11:11	339	19:00
Hermannsklippe	2.60	20:54	8:02	40	5:24	331	9:00	9.00	1:05:30	7:16	44	15:51	340	28:00
Brocken	3.10	36:54	11:54	51	12:12	384	18:41	12.10	1:42:24	8:27	47	27:02	360	46:41
Eiserner Handwe	3.60	21:02	5:50	34	5:44	276	8:26	15.70	2:03:26	7:51	48	32:16	353	55:07
Schlüsie	4.10	19:33	4:46	33	4:13	259	7:36	19.80	2:22:59	7:13	44	36:29	336	1:02:43
Loddenke	3.10	15:10	4:53	30	2:45	209	5:06	22.90	2:38:09	6:54	41	39:14	324	1:07:49
Ilseburg/Markt	3.30	16:15	4:55	20	2:25	159	4:51	26.20	2:54:24	6:39	40	41:15	305	1:12:40