



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Helde, Sebastian

Club: Team beveget.de  
Number: 172

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:55:16

Speed: 8.90 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 360 (of 537)

Rank in course/Men: 311 (of 440)

Best time in course: 1:41:44

Rank in category: 53(of 65)

Best time in the category: 1:52:36

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	21:02	6:22	48	7:30	302	8:50	3.30	21:02	6:22	48	7:30	302	8:50
Schlüsie	3.10	22:37	7:17	55	7:51	308	9:13	6.40	43:39	6:49	52	15:09	314	18:03
Hermannsklippe	2.60	20:50	8:00	54	7:57	329	8:56	9.00	1:04:29	7:09	54	23:06	318	26:59
Brocken	3.10	32:33	10:29	49	11:47	266	14:20	12.10	1:37:02	8:01	54	34:53	301	41:19
Eiserner Handwe	3.60	21:26	5:57	54	8:19	304	8:50	15.70	1:58:28	7:32	54	42:37	300	50:09
Schlüsie	4.10	21:27	5:13	59	8:30	347	9:30	19.80	2:19:55	7:03	55	50:56	309	59:39
Loddenke	3.10	16:52	5:26	53	6:02	323	6:48	22.90	2:36:47	6:50	55	56:43	316	1:06:27
Ilseburg/Markt	3.30	18:29	5:36	49	6:43	299	7:05	26.20	2:55:16	6:41	53	1:02:40	311	1:13:32