



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten
Number: 40

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:57:46

Speed: 8.84 km/h
Running performance: 6:47 min/km

Rank in course/Total: 381 (of 537)

Rank in course/Men: 329 (of 440)

Best time in course: 1:41:44

Rank in category: 43(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:39	6:33	49	6:12	342	9:27	3.30	21:39	6:33	49	6:12	342	9:27
Schlüsie	3.10	23:04	7:26	44	5:10	333	9:40	6.40	44:43	6:59	46	11:18	343	19:07
Hermannsklippe	2.60	21:16	8:10	43	5:46	344	9:22	9.00	1:05:59	7:19	46	16:20	344	28:29
Brocken	3.10	33:57	10:57	41	9:15	313	15:44	12.10	1:39:56	8:15	43	24:34	339	44:13
Eiserner Handwe	3.60	21:08	5:52	35	5:50	281	8:32	15.70	2:01:04	7:42	43	29:54	339	52:45
Schlüsie	4.10	21:07	5:09	44	5:47	330	9:10	19.80	2:22:11	7:10	43	35:41	333	1:01:55
Loddenke	3.10	16:48	5:25	42	4:23	317	6:44	22.90	2:38:59	6:56	43	40:04	331	1:08:39
Ilseburg/Markt	3.30	18:47	5:41	40	4:57	315	7:23	26.20	2:57:46	6:47	43	44:37	329	1:16:02