



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Aldag, Andreas

Club: SC Schwarz Gold hannover
Number: 513

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:58:01

Speed: 8.76 km/h
Running performance: 6:47 min/km

Rank in course/Total: 386 (of 537)

Rank in course/Men: 332 (of 440)

Best time in course: 1:41:44

Rank in category: 44(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	22:43	6:53	54	8:26	396	10:31	3.30	22:43	6:53	54	8:26	396	10:31
Schlüsse	3.10	23:54	7:42	53	8:09	366	10:30	6.40	46:37	7:17	53	16:35	378	21:01
Hermannsklippe	2.60	21:20	8:12	51	7:40	348	9:26	9.00	1:07:57	7:33	54	24:15	370	30:27
Brocken	3.10	35:41	11:30	52	14:52	362	17:28	12.10	1:43:38	8:33	52	39:07	373	47:55
Eiserner Handwe	3.60	20:31	5:41	35	6:54	261	7:55	15.70	2:04:09	7:54	49	46:01	358	55:50
Schlüsse	4.10	18:56	4:37	33	5:38	223	6:59	19.80	2:23:05	7:13	47	51:39	337	1:02:49
Loddenke	3.10	16:23	5:17	41	5:04	291	6:19	22.90	2:39:28	6:57	46	56:43	338	1:09:08
Ilseburg/Markt	3.30	18:33	5:37	43	6:22	301	7:09	26.20	2:58:01	6:47	44	1:03:05	332	1:16:17