



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Schwenke, Jan

Club: Hannover
Number: 556

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:00:19

Speed: 8.65 km/h
Running performance: 6:53 min/km

Rank in course/Total: 399 (of 537)

Rank in course/Men: 344 (of 440)

Best time in course: 1:41:44

Rank in category: 47(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	22:33	6:50	53	8:16	389	10:21	3.30	22:33	6:50	53	8:16	389	10:21
Schlüsie	3.10	23:34	7:36	48	7:49	353	10:10	6.40	46:07	7:12	52	16:05	370	20:31
Hermannsklippe	2.60	20:05	7:43	42	6:25	287	8:11	9.00	1:06:12	7:21	48	22:30	349	28:42
Brocken	3.10	32:35	10:30	40	11:46	269	14:22	12.10	1:38:47	8:09	45	34:16	330	43:04
Eiserner Handwe	3.60	21:07	5:51	40	7:30	280	8:31	15.70	1:59:54	7:38	43	41:46	322	51:35
Schlüsie	4.10	21:09	5:09	43	7:51	331	9:12	19.80	2:21:03	7:07	43	49:37	324	1:00:47
Loddenke	3.10	18:23	5:55	49	7:04	376	8:19	22.90	2:39:26	6:57	45	56:41	337	1:09:06
Ilseburg/Markt	3.30	20:53	6:19	51	8:42	380	9:29	26.20	3:00:19	6:52	47	1:05:23	344	1:18:35