



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Mock, Ralf

Club: TuS Hasede
Number: 297

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:01:06

Speed: 8.61 km/h
Running performance: 6:55 min/km

Rank in course/Total: 403 (of 537)

Rank in course/Men: 346 (of 440)

Best time in course: 1:41:44

Rank in category: 21(of 32)

Best time in the category: 2:24:05

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	22:49	6:54	25	5:01	402	10:37	3.30	22:49	6:54	25	5:01	402	10:37
Schlüsie	3.10	24:35	7:55	22	5:18	379	11:11	6.40	47:24	7:24	25	9:53	389	21:48
Hermannsklippe	2.60	21:27	8:15	21	4:58	354	9:33	9.00	1:08:51	7:38	22	14:51	381	31:21
Brocken	3.10	33:41	10:51	18	5:39	304	15:28	12.10	1:42:32	8:28	21	20:30	362	46:49
Eiserner Handwe	3.60	22:35	6:16	22	6:01	351	9:59	15.70	2:05:07	7:58	21	25:40	363	56:48
Schlüsie	4.10	21:42	5:17	21	5:03	356	9:45	19.80	2:26:49	7:24	22	30:34	362	1:06:33
Loddenke	3.10	16:38	5:21	20	3:15	305	6:34	22.90	2:43:27	7:08	21	33:49	353	1:13:07
Ilseburg/Markt	3.30	17:39	5:20	13	3:12	256	6:15	26.20	3:01:06	6:54	21	37:01	346	1:19:22