



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Förster, Norbert

Club: Braunschweig
Number: 60

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:01:06

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

Rank in course/Total: 404 (of 537)

Rank in course/Men: 346 (of 440)

Best time in course: 1:41:44

Rank in category: 44(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	21:51	6:37	51	6:24	352	9:39	3.30	21:51	6:37	51	6:24	352	9:39
Schlüsie	3.10	23:47	7:40	50	5:53	360	10:23	6.40	45:38	7:07	51	12:13	360	20:02
Hermannsklippe	2.60	21:20	8:12	46	5:50	348	9:26	9.00	1:06:58	7:26	49	17:19	359	29:28
Brocken	3.10	33:12	10:42	37	8:30	288	14:59	12.10	1:40:10	8:16	44	24:48	342	44:27
Eiserner Handwe	3.60	22:33	6:15	50	7:15	349	9:57	15.70	2:02:43	7:48	45	31:33	347	54:24
Schlüsie	4.10	21:48	5:19	49	6:28	359	9:51	19.80	2:24:31	7:17	48	38:01	353	1:04:15
Loddenke	3.10	17:43	5:42	49	5:18	357	7:39	22.90	2:42:14	7:05	46	43:19	350	1:11:54
Ilseburg/Markt	3.30	18:52	5:43	41	5:02	320	7:28	26.20	3:01:06	6:54	44	47:57	346	1:19:22