



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Selzner, Mike

Club: TV Jahn Wolfsburg  
Number: 394

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:01:46

Speed: 8.58 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 408 (of 537)

Rank in course/Men: 351 (of 440)

Best time in course: 1:41:44

Rank in category: 45(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	20:27	6:11	38	5:00	278	8:15	3.30	20:27	6:11	38	5:00	278	8:15
Schlüsie	3.10	22:58	7:24	42	5:04	326	9:34	6.40	43:25	6:47	42	10:00	312	17:49
Hermannsklippe	2.60	21:21	8:12	47	5:51	350	9:27	9.00	1:04:46	7:11	41	15:07	325	27:16
Brocken	3.10	34:07	11:00	42	9:25	318	15:54	12.10	1:38:53	8:10	42	23:31	332	43:10
Eiserner Handwe	3.60	21:21	5:55	36	6:03	294	8:45	15.70	2:00:14	7:39	42	29:04	330	51:55
Schlüsie	4.10	21:35	5:15	48	6:15	351	9:38	19.80	2:21:49	7:09	42	35:19	331	1:01:33
Loddenke	3.10	17:31	5:39	47	5:06	350	7:27	22.90	2:39:20	6:57	44	40:25	335	1:09:00
Ilseburg/Markt	3.30	22:26	6:47	57	8:36	416	11:02	26.20	3:01:46	6:56	45	48:37	351	1:20:02