



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Rademacher, Michael

Club: Hildesheim
Number: 331

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: 409 (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	21:46	6:35	50	6:19	346	9:34	3.30	21:46	6:35	50	6:19	346	9:34
Schlüsie	3.10	22:59	7:24	43	5:05	329	9:35	6.40	44:45	6:59	47	11:20	344	19:09
Hermannsklippe	2.60	21:21	8:12	47	5:51	350	9:27	9.00	1:06:06	7:20	47	16:27	347	28:36
Brocken	3.10	36:51	11:53	50	12:09	382	18:38	12.10	1:42:57	8:30	49	27:35	367	47:14
Eiserner Handwe	3.60	21:31	5:58	37	6:13	308	8:55	15.70	2:04:28	7:55	49	33:18	360	56:09
Schlüsie	4.10	19:55	4:51	38	4:35	283	7:58	19.80	2:24:23	7:17	46	37:53	349	1:04:07
Loddenke	3.10	17:14	5:33	45	4:49	343	7:10	22.90	2:41:37	7:03	45	42:42	347	1:11:17
Ilseburg/Markt	3.30	20:09	6:06	46	6:19	361	8:45	26.20	3:01:46	6:56	45	48:37	351	1:20:02