



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Nölle, Thomas

Club: Blankenburg
Number: 305

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:02:15

Speed: 8.56 km/h
Running performance: 6:58 min/km

Rank in course/Total: 413 (of 537)

Rank in course/Men: 355 (of 440)

Best time in course: 1:41:44

Rank in category: 49(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	23:07	7:00	57	8:50	411	10:55	3.30	23:07	7:00	57	8:50	411	10:55
Schlüsie	3.10	23:58	7:43	54	8:13	368	10:34	6.40	47:05	7:21	55	17:03	384	21:29
Hermannsklippe	2.60	20:31	7:53	43	6:51	313	8:37	9.00	1:07:36	7:30	53	23:54	365	30:06
Brocken	3.10	34:05	10:59	46	13:16	316	15:52	12.10	1:41:41	8:24	50	37:10	355	45:58
Eiserner Handwe	3.60	22:44	6:18	47	9:07	357	10:08	15.70	2:04:25	7:55	50	46:17	359	56:06
Schlüsie	4.10	20:03	4:53	39	6:45	289	8:06	19.80	2:24:28	7:17	49	53:02	352	1:04:12
Loddenke	3.10	19:00	6:07	51	7:41	389	8:56	22.90	2:43:28	7:08	49	1:00:43	354	1:13:08
Ilseburg/Markt	3.30	18:47	5:41	45	6:36	315	7:23	26.20	3:02:15	6:57	49	1:07:19	355	1:20:31