



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Stroer, Ingo

Club: Kaltenkirchen
Number: 412

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:02:18

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

Rank in course/Total: 414 (of 537)

Rank in course/Men: 356 (of 440)

Best time in course: 1:41:44

Rank in category: 47(of 61)

Best time in the category: 2:00:25

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	21:50	6:36	46	7:19	350	9:38	3.30	21:50	6:36	46	7:19	350	9:38
Schlüsie	3.10	22:44	7:19	44	6:35	316	9:20	6.40	44:34	6:57	47	13:33	338	18:58
Hermannsklippe	2.60	22:12	8:32	50	8:06	375	10:18	9.00	1:06:46	7:25	48	21:39	356	29:16
Brocken	3.10	35:35	11:28	47	13:05	359	17:22	12.10	1:42:21	8:27	48	34:18	358	46:38
Eiserner Handwe	3.60	22:15	6:10	44	8:16	336	9:39	15.70	2:04:36	7:56	48	42:18	361	56:17
Schlüsie	4.10	21:05	5:08	44	7:33	327	9:08	19.80	2:25:41	7:21	47	49:50	357	1:05:25
Loddenke	3.10	17:53	5:46	47	6:36	362	7:49	22.90	2:43:34	7:08	47	56:13	355	1:13:14
Ilseburg/Markt	3.30	18:44	5:40	40	5:47	311	7:20	26.20	3:02:18	6:57	47	1:01:53	356	1:20:34