



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Holm, Morten

Club: Faaborg Ski og Motion
Number: 182

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:05:07

Speed: 8.43 km/h
Running performance: 7:04 min/km

Rank in course/Total: 430 (of 537)

Rank in course/Men: 367 (of 440)

Best time in course: 1:41:44

Rank in category: 49(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	22:36	6:50	54	7:09	393	10:24	3.30	22:36	6:50	54	7:09	393	10:24
Schlüsie	3.10	23:33	7:35	48	5:39	352	10:09	6.40	46:09	7:12	53	12:44	373	20:33
Hermannsklippe	2.60	21:33	8:17	49	6:03	357	9:39	9.00	1:07:42	7:31	51	18:03	367	30:12
Brocken	3.10	35:07	11:19	46	10:25	349	16:54	12.10	1:42:49	8:29	48	27:27	365	47:06
Eiserner Handwe	3.60	20:19	5:38	31	5:01	255	7:43	15.70	2:03:08	7:50	46	31:58	349	54:49
Schlüsie	4.10	20:57	5:06	43	5:37	316	9:00	19.80	2:24:05	7:16	45	37:35	347	1:03:49
Loddenke	3.10	19:35	6:19	56	7:10	404	9:31	22.90	2:43:40	7:08	48	44:45	356	1:13:20
Ilseburg/Markt	3.30	21:27	6:30	55	7:37	397	10:03	26.20	3:05:07	7:03	49	51:58	367	1:23:23