



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Lange, Frank

Club: Fredenbeck  
Number: 247

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:07:39

Speed: 8.31 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 440 (of 537)

Rank in course/Men: 373 (of 440)

Best time in course: 1:41:44

Rank in category: 52(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:11	6:25	44	5:44	315	8:59	3.30	21:11	6:25	44	5:44	315	8:59
Schlüsie	3.10	22:34	7:16	38	4:40	307	9:10	6.40	43:45	6:50	43	10:20	316	18:09
Hermannsklippe	2.60	22:28	8:38	52	6:58	384	10:34	9.00	1:06:13	7:21	48	16:34	350	28:43
Brocken	3.10	36:48	11:52	49	12:06	378	18:35	12.10	1:43:01	8:30	50	27:39	369	47:18
Eiserner Handwe	3.60	25:14	7:00	57	9:56	402	12:38	15.70	2:08:15	8:10	51	37:05	378	59:56
Schlüsie	4.10	22:03	5:22	50	6:43	365	10:06	19.80	2:30:18	7:35	52	43:48	379	1:10:02
Loddenke	3.10	16:34	5:20	37	4:09	299	6:30	22.90	2:46:52	7:17	51	47:57	373	1:16:32
Ilseburg/Markt	3.30	20:47	6:17	51	6:57	375	9:23	26.20	3:07:39	7:09	52	54:30	373	1:25:55