



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Siewert, Sebastian

Club: Für Caro e.V.
Number: 397

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:07:50

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

Rank in course/Total: 442 (of 537)

Rank in course/Men: 375 (of 440)

Best time in course: 1:41:44

Rank in category: 60(of 65)

Best time in the category: 1:52:36

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	22:50	6:55	63	9:18	404	10:38	3.30	22:50	6:55	63	9:18	404	10:38
Schlüsie	3.10	22:19	7:11	53	7:33	294	8:55	6.40	45:09	7:03	55	16:39	350	19:33
Hermannsklippe	2.60	19:45	7:35	49	6:52	267	7:51	9.00	1:04:54	7:12	56	23:31	331	27:24
Brocken	3.10	37:08	11:58	61	16:22	393	18:55	12.10	1:42:02	8:25	58	39:53	356	46:19
Eiserner Handwe	3.60	28:21	7:52	65	15:14	434	15:45	15.70	2:10:23	8:18	62	54:32	387	1:02:04
Schlüsie	4.10	21:19	5:11	57	8:22	336	9:22	19.80	2:31:42	7:39	61	1:02:43	382	1:11:26
Loddenke	3.10	17:07	5:31	55	6:17	337	7:03	22.90	2:48:49	7:22	61	1:08:45	379	1:18:29
Ilseburg/Markt	3.30	19:01	5:45	53	7:15	329	7:37	26.20	3:07:50	7:10	60	1:15:14	375	1:26:06