



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Golnik, Markus

Club: SG Lauffreunde Harz  
Number: 146

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:08:26

Speed: 8.28 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 444 (of 537)

Rank in course/Men: 377 (of 440)

Best time in course: 1:41:44

Rank in category: 52(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	20:30	6:12	37	6:13	283	8:18	3.30	20:30	6:12	37	6:13	283	8:18
Schlüsie	3.10	23:51	7:41	52	8:06	363	10:27	6.40	44:21	6:55	44	14:19	335	18:45
Hermannsklippe	2.60	20:49	8:00	48	7:09	328	8:55	9.00	1:05:10	7:14	46	21:28	333	27:40
Brocken	3.10	35:27	11:26	50	14:38	357	17:14	12.10	1:40:37	8:18	49	36:06	346	44:54
Eiserner Handwe	3.60	25:52	7:11	54	12:15	412	13:16	15.70	2:06:29	8:03	52	48:21	371	58:10
Schlüsie	4.10	23:40	5:46	54	10:22	403	11:43	19.80	2:30:09	7:35	53	58:43	378	1:09:53
Loddenke	3.10	19:14	6:12	53	7:55	393	9:10	22.90	2:49:23	7:23	52	1:06:38	382	1:19:03
Ilseburg/Markt	3.30	19:03	5:46	48	6:52	330	7:39	26.20	3:08:26	7:11	52	1:13:30	377	1:26:42