



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Lehmann, Frank

Club: timmenrode
Number: 499

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:08:42

Speed: 8.33 km/h
Running performance: 7:12 min/km

Rank in course/Total: 445 (of 537)

Rank in course/Men: 378 (of 440)

Best time in course: 1:41:44

Rank in category: 50(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 | 20:55 | 6:20 | 38 | 6:24 | 294 | 8:43 | 3.30 | 20:55 | 6:20 | 38 | 6:24 | 294 | 8:43 |
| Schlüsie | 3.10 | 23:08 | 7:27 | 45 | 6:59 | 336 | 9:44 | 6.40 | 44:03 | 6:52 | 44 | 13:02 | 324 | 18:27 |
| Hermannsklippe | 2.60 | 20:48 | 8:00 | 44 | 6:42 | 327 | 8:54 | 9.00 | 1:04:51 | 7:12 | 45 | 19:44 | 329 | 27:21 |
| Brocken | 3.10 | 35:44 | 11:31 | 48 | 13:14 | 363 | 17:31 | 12.10 | 1:40:35 | 8:18 | 46 | 32:32 | 345 | 44:52 |
| Eiserner Handwe | 3.60 | 23:08 | 6:25 | 49 | 9:09 | 368 | 10:32 | 15.70 | 2:03:43 | 7:52 | 47 | 41:25 | 356 | 55:24 |
| Schlüsie | 4.10 | 21:40 | 5:17 | 47 | 8:08 | 354 | 9:43 | 19.80 | 2:25:23 | 7:20 | 46 | 49:32 | 355 | 1:05:07 |
| Loddenke | 3.10 | 21:12 | 6:50 | 59 | 9:55 | 425 | 11:08 | 22.90 | 2:46:35 | 7:16 | 49 | 59:14 | 372 | 1:16:15 |
| Ilseburg/Markt | 3.30 | 22:07 | 6:42 | 57 | 9:10 | 410 | 10:43 | 26.20 | 3:08:42 | 7:12 | 50 | 1:08:17 | 378 | 1:26:58 |