



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Hoppe, Sascha

Club: Neumünster
Number: 183

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:08:47

Speed: 8.26 km/h
Running performance: 7:13 min/km

Rank in course/Total: 447 (of 537)

Rank in course/Men: 380 (of 440)

Best time in course: 1:41:44

Rank in category: 53(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 | 22:23 | 6:46 | 50 | 8:06 | 380 | 10:11 | 3.30 | 22:23 | 6:46 | 50 | 8:06 | 380 | 10:11 |
| Schlüsie | 3.10 | 24:50 | 8:00 | 56 | 9:05 | 387 | 11:26 | 6.40 | 47:13 | 7:22 | 56 | 17:11 | 385 | 21:37 |
| Hermannsklippe | 2.60 | 21:48 | 8:23 | 53 | 8:08 | 363 | 9:54 | 9.00 | 1:09:01 | 7:40 | 56 | 25:19 | 384 | 31:31 |
| Brocken | 3.10 | 35:21 | 11:24 | 47 | 14:32 | 354 | 17:08 | 12.10 | 1:44:22 | 8:37 | 54 | 39:51 | 378 | 48:39 |
| Eiserner Handwe | 3.60 | 25:12 | 7:00 | 52 | 11:35 | 400 | 12:36 | 15.70 | 2:09:34 | 8:15 | 54 | 51:26 | 383 | 1:01:15 |
| Schlüsie | 4.10 | 24:21 | 5:56 | 56 | 11:03 | 412 | 12:24 | 19.80 | 2:33:55 | 7:46 | 55 | 1:02:29 | 392 | 1:13:39 |
| Loddenke | 3.10 | 17:32 | 5:39 | 45 | 6:13 | 351 | 7:28 | 22.90 | 2:51:27 | 7:29 | 54 | 1:08:42 | 387 | 1:21:07 |
| Ilseburg/Markt | 3.30 | 17:20 | 5:15 | 35 | 5:09 | 239 | 5:56 | 26.20 | 3:08:47 | 7:12 | 53 | 1:13:51 | 380 | 1:27:03 |