



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