



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Förster, Ralf

Club: Regensburg
Number: 119

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 3:09:03

Speed: 8.25 km/h
Running performance: 7:13 min/km

Rank in course/Total: 449 (of 537)

Rank in course/Men: 381 (of 440)

Best time in course: 1:41:44

Rank in category: 16(of 22)

Best time in the category: 2:22:09

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	22:35	6:50	15	5:28	391	10:23	3.30	22:35	6:50	15	5:28	391	10:23
Schlüsie	3.10	24:55	8:02	17	5:43	389	11:31	6.40	47:30	7:25	14	11:11	390	21:54
Hermannsklippe	2.60	22:50	8:46	16	5:38	391	10:56	9.00	1:10:20	7:48	15	16:49	390	32:50
Brocken	3.10	36:53	11:53	16	9:04	383	18:40	12.10	1:47:13	8:51	16	25:53	389	51:30
Eiserner Handwe	3.60	22:47	6:19	14	5:41	360	10:11	15.70	2:10:00	8:16	15	31:34	385	1:01:41
Schlüsie	4.10	21:29	5:14	16	5:50	349	9:32	19.80	2:31:29	7:39	15	37:24	380	1:11:13
Loddenke	3.10	17:06	5:30	16	3:52	336	7:02	22.90	2:48:35	7:21	16	41:16	377	1:18:15
Ilseburg/Markt	3.30	20:28	6:12	15	5:38	367	9:04	26.20	3:09:03	7:12	16	46:54	381	1:27:19