



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Plump, Gerd

Club: Wardow  
Number: 575

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:09:18

Speed: 8.24 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 451 (of 537)

Rank in course/Men: 382 (of 440)

Best time in course: 1:41:44

Rank in category: 53(of 59)

Best time in the category: 2:13:09

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	19:26	5:53	20	3:59	206	7:14	3.30	19:26	5:53	20	3:59	206	7:14
Schlüsie	3.10	23:10	7:28	45	5:16	338	9:46	6.40	42:36	6:39	39	9:11	281	17:00
Hermannsklippe	2.60	21:09	8:08	42	5:39	341	9:15	9.00	1:03:45	7:04	39	14:06	308	26:15
Brocken	3.10	37:23	12:03	53	12:41	394	19:10	12.10	1:41:08	8:21	46	25:46	351	45:25
Eiserner Handwe	3.60	22:11	6:09	47	6:53	334	9:35	15.70	2:03:19	7:51	47	32:09	351	55:00
Schlüsie	4.10	25:28	6:12	57	10:08	420	13:31	19.80	2:28:47	7:30	50	42:17	368	1:08:31
Loddenke	3.10	18:24	5:56	52	5:59	378	8:20	22.90	2:47:11	7:18	52	48:16	375	1:16:51
Ilseburg/Markt	3.30	22:07	6:42	56	8:17	410	10:43	26.20	3:09:18	7:13	53	56:09	382	1:27:34