



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

De Vries, Morten

Club: Vechede
Number: 83

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:10:53

Speed: 8.17 km/h
Running performance: 7:17 min/km

Rank in course/Total: 455 (of 537)

Rank in course/Men: 384 (of 440)

Best time in course: 1:41:44

Rank in category: 43(of 47)

Best time in the category: 1:41:44

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	17:27	5:17	12	5:15	86	5:15	3.30	17:27	5:17	12	5:15	86	5:15
Schlüsie	3.10	19:55	6:25	23	6:31	140	6:31	6.40	37:22	5:50	19	11:46	104	11:46
Hermannsklippe	2.60	18:21	7:03	26	6:27	186	6:27	9.00	55:43	6:11	21	18:13	123	18:13
Brocken	3.10	32:08	10:21	34	13:55	245	13:55	12.10	1:27:51	7:15	24	32:08	166	32:08
Eiserner Handwe	3.60	30:28	8:27	47	17:52	438	17:52	15.70	1:58:19	7:32	43	50:00	299	50:00
Schlüsie	4.10	31:29	7:40	47	19:32	440	19:32	19.80	2:29:48	7:33	43	1:09:32	376	1:09:32
Loddenke	3.10	20:12	6:30	44	10:08	415	10:08	22.90	2:50:00	7:25	43	1:19:40	383	1:19:40
Ilseburg/Markt	3.30	20:53	6:19	44	9:29	380	9:29	26.20	3:10:53	7:17	43	1:29:09	384	1:29:09