



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Kretschmer, Ralf

Club: SV Angern
Number: 235

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:12:48

Speed: 8.09 km/h
Running performance: 7:22 min/km

Rank in course/Total: 459 (of 537)

Rank in course/Men: 387 (of 440)

Best time in course: 1:41:44

Rank in category: 55(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	20:46	6:17	41	5:19	289	8:34	3.30	20:46	6:17	41	5:19	289	8:34
Schlüsie	3.10	25:18	8:09	54	7:24	403	11:54	6.40	46:04	7:11	52	12:39	367	20:28
Hermannsklippe	2.60	23:20	8:58	54	7:50	396	11:26	9.00	1:09:24	7:42	54	19:45	388	31:54
Brocken	3.10	37:48	12:11	55	13:06	396	19:35	12.10	1:47:12	8:51	54	31:50	387	51:29
Eiserner Handwe	3.60	24:09	6:42	54	8:51	382	11:33	15.70	2:11:21	8:21	55	40:11	392	1:03:02
Schlüsie	4.10	22:27	5:28	53	7:07	376	10:30	19.80	2:33:48	7:46	56	47:18	390	1:13:32
Loddenke	3.10	17:46	5:43	50	5:21	358	7:42	22.90	2:51:34	7:29	55	52:39	388	1:21:14
Ilseburg/Markt	3.30	21:14	6:26	53	7:24	390	9:50	26.20	3:12:48	7:21	55	59:39	387	1:31:04