



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Lang, Helmut

Club: Hannover Runners e.V.
Number: 246

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:15:46

Speed: 7.97 km/h
Running performance: 7:28 min/km

Rank in course/Total: 469 (of 537)

Rank in course/Men: 394 (of 440)

Best time in course: 1:41:44

Rank in category: 52(of 61)

Best time in the category: 2:00:25

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	21:08	6:24	40	6:37	312	8:56	3.30	21:08	6:24	40	6:37	312	8:56
Schlüsie	3.10	24:52	8:01	52	8:43	388	11:28	6.40	46:00	7:11	49	14:59	366	20:24
Hermannsklippe	2.60	23:12	8:55	52	9:06	394	11:18	9.00	1:09:12	7:41	52	24:05	387	31:42
Brocken	3.10	36:40	11:49	50	14:10	374	18:27	12.10	1:45:52	8:44	50	37:49	382	50:09
Eiserner Handwe	3.60	23:12	6:26	51	9:13	371	10:36	15.70	2:09:04	8:13	50	46:46	380	1:00:45
Schlüsie	4.10	23:35	5:45	56	10:03	400	11:38	19.80	2:32:39	7:42	51	56:48	386	1:12:23
Loddenke	3.10	19:22	6:14	54	8:05	399	9:18	22.90	2:52:01	7:30	51	1:04:40	390	1:21:41
Ilseburg/Markt	3.30	23:45	7:11	59	10:48	427	12:21	26.20	3:15:46	7:28	52	1:15:21	394	1:34:02