



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Tindale, Graham

Club: Elze

Number: 435

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:16:44

Speed: 7.93 km/h

Running performance: 7:31 min/km

Rank in course/Total: 474 (of 537)

Rank in course/Men: 398 (of 440)

Best time in course: 1:41:44

Rank in category: 56(of 57)

Best time in the category: 1:54:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:49	6:18	38	6:32	290	8:37	3.30	20:49	6:18	38	6:32	290	8:37
Schlüsie	3.10	23:47	7:40	51	8:02	360	10:23	6.40	44:36	6:58	46	14:34	339	19:00
Hermannsklippe	2.60	22:44	8:44	54	9:04	388	10:50	9.00	1:07:20	7:28	51	23:38	362	29:50
Brocken	3.10	41:12	13:17	57	20:23	421	22:59	12.10	1:48:32	8:58	56	44:01	394	52:49
Eiserner Handwe	3.60	26:09	7:15	55	12:32	416	13:33	15.70	2:14:41	8:34	56	56:33	402	1:06:22
Schlüsie	4.10	22:39	5:31	49	9:21	379	10:42	19.80	2:37:20	7:56	56	1:05:54	401	1:17:04
Loddenke	3.10	18:13	5:52	47	6:54	372	8:09	22.90	2:55:33	7:39	56	1:12:48	396	1:25:13
Ilseburg/Markt	3.30	21:11	6:25	54	9:00	389	9:47	26.20	3:16:44	7:30	56	1:21:48	398	1:35:00