



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Kramer, Manfred

Club: Werder - Osis  
Number: 229

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:18:31

Speed: 7.86 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 487 (of 537)

Rank in course/Men: 405 (of 440)

Best time in course: 1:41:44

Rank in category: 28(of 32)

Best time in the category: 2:24:05

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	21:05	6:23	16	3:17	310	8:53	3.30	21:05	6:23	16	3:17	310	8:53
Schlüsie	3.10	24:45	7:59	23	5:28	386	11:21	6.40	45:50	7:09	20	8:19	362	20:14
Hermannsklippe	2.60	23:15	8:56	25	6:46	395	11:21	9.00	1:09:05	7:40	23	15:05	386	31:35
Brocken	3.10	40:26	13:02	28	12:24	415	22:13	12.10	1:49:31	9:03	26	27:29	402	53:48
Eiserner Handwe	3.60	25:58	7:12	30	9:24	413	13:22	15.70	2:15:29	8:37	26	36:02	405	1:07:10
Schlüsie	4.10	24:11	5:53	31	7:32	409	12:14	19.80	2:39:40	8:03	27	43:25	409	1:19:24
Loddenke	3.10	18:05	5:49	26	4:42	368	8:01	22.90	2:57:45	7:45	27	48:07	404	1:27:25
Ilseburg/Markt	3.30	20:46	6:17	27	6:19	372	9:22	26.20	3:18:31	7:34	28	54:26	405	1:36:47