



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Gassner, Nils

Club: Clausthal-Zellerfeld
Number: 131

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:21:14

Speed: 7.75 km/h
Running performance: 7:41 min/km

Rank in course/Total: 494 (of 537)

Rank in course/Men: 409 (of 440)

Best time in course: 1:41:44

Rank in category: 45(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	22:22	6:46	45	10:10	378	10:10	3.30	22:22	6:46	45	10:10	378	10:10
Schlüsie	3.10	25:12	8:07	45	11:48	397	11:48	6.40	47:34	7:25	45	21:58	392	21:58
Hermannsklippe	2.60	23:22	8:59	45	11:28	397	11:28	9.00	1:10:56	7:52	45	33:26	397	33:26
Brocken	3.10	35:20	11:23	44	17:07	353	17:07	12.10	1:46:16	8:46	45	50:33	383	50:33
Eiserner Handwe	3.60	24:31	6:48	43	11:55	388	11:55	15.70	2:10:47	8:19	45	1:02:28	389	1:02:28
Schlüsie	4.10	26:01	6:20	44	14:04	427	14:04	19.80	2:36:48	7:55	44	1:16:32	396	1:16:32
Loddenke	3.10	21:29	6:55	46	11:25	426	11:25	22.90	2:58:17	7:47	45	1:27:57	407	1:27:57
Ilseburg/Markt	3.30	22:57	6:57	45	11:33	419	11:33	26.20	3:21:14	7:40	45	1:39:30	409	1:39:30