



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Ruttkowski, Mika

Club: Hamburg  
Number: 355

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 3:22:17

Speed: 7.71 km/h  
Running performance: 7:43 min/km

Rank in course/Total: 496 (of 537)

Rank in course/Men: 410 (of 440)

Best time in course: 1:41:44

Rank in category: 32(of 34)

Best time in the category: 1:57:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men				
Loddenke	3.30	21:01	6:22	26	7:09	299	8:49	3.30	21:01	6:22	26	7:09	299	8:49
Schlüsie	3.10	26:43	8:37	32	11:21	418	13:19	6.40	47:44	7:27	32	18:30	395	22:08
Hermannsklippe	2.60	23:52	9:10	33	10:21	412	11:58	9.00	1:11:36	7:57	33	28:51	401	34:06
Brocken	3.10	41:24	13:21	32	20:33	423	23:11	12.10	1:53:00	9:20	32	49:24	411	57:17
Eiserner Handwe	3.60	25:20	7:02	32	10:49	403	12:44	15.70	2:18:20	8:48	32	59:15	412	1:10:01
Schlüsie	4.10	20:59	5:07	27	7:34	319	9:02	19.80	2:39:19	8:02	32	1:05:06	405	1:19:03
Loddenke	3.10	21:05	6:48	31	10:13	422	11:01	22.90	3:00:24	7:52	32	1:15:19	410	1:30:04
Ilseburg/Markt	3.30	21:53	6:37	32	9:15	402	10:29	26.20	3:22:17	7:43	32	1:24:19	410	1:40:33