



# 52. Brockenlauf

Ilseburg / 02.09.2023

## Detailed evaluation

**Prokoph, Tjark**

Club: Hamburg  
Number: 327

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 3:22:18

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

Rank in course/Total: 498 (of 537)

Rank in course/Men: 411 (of 440)

Best time in course: 1:41:44

Rank in category: 33(of 34)

Best time in the category: 1:57:58

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	21:01	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	25:30	7:04	34	10:59	408	12:54	15.70	2:18:30	8:49	34	59:25	414	1:10:11
Schlüsie	4.10	20:49	5:04	25	7:24	311	8:52	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	21:54	6:38	34	9:16	404	10:30	26.20	3:22:18	7:43	33	1:24:20	411	1:40:34