



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Arnhold, Gerd

Club: Rennsteiglaufverein
Number: 34

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:23:06

Speed: 7.68 km/h
Running performance: 7:45 min/km

Rank in course/Total: 499 (of 537)

Rank in course/Men: 413 (of 440)

Best time in course: 1:41:44

Rank in category: 29(of 32)

Best time in the category: 2:24:05

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	24:40	7:28	30	6:52	429	12:28	3.30	24:40	7:28	30	6:52	429	12:28
Schlüsie	3.10	28:14	9:06	31	8:57	432	14:50	6.40	52:54	8:15	31	15:23	432	27:18
Hermannsklippe	2.60	24:56	9:35	29	8:27	423	13:02	9.00	1:17:50	8:38	31	23:50	430	40:20
Brocken	3.10	36:40	11:49	23	8:38	374	18:27	12.10	1:54:30	9:27	28	32:28	418	58:47
Eiserner Handwe	3.60	24:52	6:54	26	8:18	396	12:16	15.70	2:19:22	8:52	29	39:55	417	1:11:03
Schlüsie	4.10	24:06	5:52	30	7:27	408	12:09	19.80	2:43:28	8:15	29	47:13	413	1:23:12
Loddenke	3.10	18:52	6:05	29	5:29	386	8:48	22.90	3:02:20	7:57	29	52:42	413	1:32:00
Ilseburg/Markt	3.30	20:46	6:17	27	6:19	372	9:22	26.20	3:23:06	7:45	29	59:01	413	1:41:22