



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Helbing, Kevin

Club: Stiftung Wadentest
Number: 171

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:26:53

Speed: 7.54 km/h
Running performance: 7:54 min/km

Rank in course/Total: 510 (of 537)

Rank in course/Men: 418 (of 440)

Best time in course: 1:41:44

Rank in category: 65(of 65)

Best time in the category: 1:52:36

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	22:43	6:53	60	9:11	396	10:31	3.30	22:43	6:53	60	9:11	396	10:31
Schlüsie	3.10	27:06	8:44	64	12:20	424	13:42	6.40	49:49	7:47	64	21:19	419	24:13
Hermannsklippe	2.60	23:34	9:03	64	10:41	400	11:40	9.00	1:13:23	8:09	64	32:00	416	35:53
Brocken	3.10	39:54	12:52	63	19:08	412	21:41	12.10	1:53:17	9:21	63	51:08	414	57:34
Eiserner Handwe	3.60	26:34	7:22	64	13:27	423	13:58	15.70	2:19:51	8:54	64	1:04:00	418	1:11:32
Schlüsie	4.10	24:44	6:01	64	11:47	415	12:47	19.80	2:44:35	8:18	65	1:15:36	418	1:24:19
Loddenke	3.10	19:19	6:13	62	8:29	396	9:15	22.90	3:03:54	8:01	65	1:23:50	416	1:33:34
Ilseburg/Markt	3.30	22:59	6:57	63	11:13	421	11:35	26.20	3:26:53	7:53	65	1:34:17	418	1:45:09