



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Krause, Karl-Heinz

Club: erst laufen dann saufen
Number: 232

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:27:18

Speed: 7.53 km/h
Running performance: 7:55 min/km

Rank in course/Total: 511 (of 537)

Rank in course/Men: 420 (of 440)

Best time in course: 1:41:44

Rank in category: 30(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	25:25	7:42	32	7:37	436	13:13	3.30	25:25	7:42	32	7:37	436	13:13
Schlüsie	3.10	25:06	8:05	26	5:49	394	11:42	6.40	50:31	7:53	30	13:00	425	24:55
Hermannsklippe	2.60	23:35	9:04	26	7:06	405	11:41	9.00	1:14:06	8:13	29	20:06	420	36:36
Brocken	3.10	42:29	13:42	30	14:27	430	24:16	12.10	1:56:35	9:38	31	34:33	425	1:00:52
Eiserner Handwe	3.60	27:30	7:38	32	10:56	429	14:54	15.70	2:24:05	9:10	31	44:38	427	1:15:46
Schlüsie	4.10	23:29	5:43	26	6:50	398	11:32	19.80	2:47:34	8:27	30	51:19	425	1:27:18
Loddenke	3.10	18:18	5:54	27	4:55	374	8:14	22.90	3:05:52	8:06	30	56:14	422	1:35:32
Ilseburg/Markt	3.30	21:26	6:29	31	6:59	396	10:02	26.20	3:27:18	7:54	30	1:03:13	420	1:45:34