



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Meyer, Stefan

Club: Soltau  
Number: 291

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:31:06

Speed: 7.39 km/h  
Running performance: 8:04 min/km

Rank in course/Total: 517 (of 537)

Rank in course/Men: 425 (of 440)

Best time in course: 1:41:44

Rank in category: 58(of 59)

Best time in the category: 2:13:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:08	7:00	57	7:41	413	10:56	3.30	23:08	7:00	57	7:41	413	10:56
Schlüsie	3.10	25:27	8:12	55	7:33	405	12:03	6.40	48:35	7:35	56	15:10	411	22:59
Hermannsklippe	2.60	23:22	8:59	55	7:52	397	11:28	9.00	1:11:57	7:59	55	22:18	404	34:27
Brocken	3.10	38:44	12:29	57	14:02	407	20:31	12.10	1:50:41	9:08	57	35:19	405	54:58
Eiserner Handwe	3.60	26:31	7:21	58	11:13	420	13:55	15.70	2:17:12	8:44	58	46:02	407	1:08:53
Schlüsie	4.10	27:27	6:41	58	12:07	433	15:30	19.80	2:44:39	8:18	58	58:09	420	1:24:23
Loddenke	3.10	22:29	7:15	58	10:04	430	12:25	22.90	3:07:08	8:10	58	1:08:13	425	1:36:48
Ilseburg/Markt	3.30	23:58	7:15	58	10:08	428	12:34	26.20	3:31:06	8:03	58	1:17:57	425	1:49:22