



# 52. Brockenlauf

Ilseburg / 02.09.2023

## Detailed evaluation

**Seegers, Kai**

Club: Berlin  
Number: 392

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:35:25

Speed: 7.24 km/h  
Running performance: 8:13 min/km

Rank in course/Total: 522 (of 537)

Rank in course/Men: 430 (of 440)

Best time in course: 1:41:44

Rank in category: 60(of 61)

Best time in the category: 2:00:25

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	23:07	7:00	57	8:36	411	10:55	3.30	23:07	7:00	57	8:36	411	10:55
Schlüsie	3.10	28:32	9:12	60	12:23	434	15:08	6.40	51:39	8:04	60	20:38	429	26:03
Hermannsklippe	2.60	25:41	9:52	58	11:35	430	13:47	9.00	1:17:20	8:35	59	32:13	429	39:50
Brocken	3.10	44:03	14:12	59	21:33	434	25:50	12.10	2:01:23	10:01	60	53:20	433	1:05:40
Eiserner Handwe	3.60	26:03	7:14	56	12:04	414	13:27	15.70	2:27:26	9:23	60	1:05:08	432	1:19:07
Schlüsie	4.10	27:03	6:35	61	13:31	432	15:06	19.80	2:54:29	8:48	60	1:18:38	434	1:34:13
Loddenke	3.10	19:20	6:14	53	8:03	397	9:16	22.90	3:13:49	8:27	60	1:26:28	431	1:43:29
Ilseburg/Markt	3.30	21:36	6:32	55	8:39	399	10:12	26.20	3:35:25	8:13	60	1:35:00	430	1:53:41