



52. Brockenlauf Ilseburg / 02.09.2023

Detailed evaluation

Hovgaard Nielsen, Frede

Club: Faaborg Ski og Motion

Number: 185

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 3:41:15

Speed: 7.05 km/h

Running performance: 8:26 min/km

Rank in course/Total: 526 (of 537)

Rank in course/Men: 434 (of 440)

Best time in course: 1:41:44

Rank in category: 6(of 6)

Best time in the category: 2:57:55

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	28:28	8:37	6	7:28	439	16:16	3.30	28:28	8:37	6	7:28	439	16:16
Schlüsie	3.10	28:54	9:19	5	5:34	435	15:30	6.40	57:22	8:57	6	13:02	439	31:46
Hermannsklippe	2.60	27:30	10:34	6	5:40	440	15:36	9.00	1:24:52	9:25	6	18:41	439	47:22
Brocken	3.10	40:33	13:04	4	5:48	418	22:20	12.10	2:05:25	10:21	5	23:02	438	1:09:42
Eiserner Handwe	3.60	25:37	7:06	5	4:22	410	13:01	15.70	2:31:02	9:37	6	27:24	437	1:22:43
Schlüsie	4.10	26:24	6:26	6	6:34	429	14:27	19.80	2:57:26	8:57	6	33:58	436	1:37:10
Loddenke	3.10	21:02	6:47	5	4:46	421	10:58	22.90	3:18:28	8:40	6	38:44	436	1:48:08
Ilseburg/Markt	3.30	22:47	6:54	4	4:36	417	11:23	26.20	3:41:15	8:26	6	43:20	434	1:59:31