



# 51. Brockenlauf

Ilseburg / 03.09.2022

## Detailed evaluation

Urban, Nick

Club: FSV Grün Weiß Ilseburg  
Number: 708

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 40:23

Speed: 13.37 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 5 (of 147)

Rank in course/Men: 5 (of 90)

Best time in course: 37:03

Rank in category: 1(of 14)

Best time in the category: 40:23

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	20:16	4:56	1	-	8	1:31	4.10	20:16	4:56	1	-	8	1:31
Loddenke	2.20	7:43	3:30	1	-	4	3:08	6.30	27:59	4:26	1	-	7	23:24
Ilseburg/Markt	3.30	12:24	3:45	1	-	6	1:11	9.60	40:23	4:12	1	-	5	3:20