



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 |