



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Lehmann, Jörg

Club: Harz-Gebirgslauf Wernigerode
Number: 621

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:09

Speed: 12.51 km/h
Running performance: 4:29 min/km

Rank in course/Total: 11 (of 147)

Rank in course/Men: 10 (of 90)

Best time in course: 37:03

Rank in category: 1(of 9)

Best time in the category: 43:09

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	21:08	5:09	1	-	10	2:23	4.10	21:08	5:09	1	-	10	2:23
Loddenke	2.20	8:30	3:51	2	3:55	10	3:55	6.30	29:38	4:42	2	25:03	12	25:03
Ilseburg/Markt	3.30	13:31	4:05	1	-	15	2:18	9.60	43:09	4:29	1	-	10	6:06