



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Hess, Niklas

Club: Grün Weiß Ilseburg
Number: 707

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 44:16

Speed: 12.20 km/h
Running performance: 4:37 min/km

Rank in course/Total: 14 (of 147)

Rank in course/Men: 13 (of 90)

Best time in course: 37:03

Rank in category: 3(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	22:41	5:31	2	2:25	15	3:56	4.10	22:41	5:31	2	2:25	15	3:56
Loddenke	2.20	8:47	3:59	3	1:04	14	4:12	6.30	31:28	4:59	3	3:29	17	26:53
Ilseburg/Markt	3.30	12:48	3:52	2	0:24	8	1:35	9.60	44:16	4:36	3	3:53	13	7:13