



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Förste, David

Club: Bad Bikers MTB-Sport e.V.
Number: 575

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:53

Speed: 12.03 km/h
Running performance: 4:41 min/km

Rank in course/Total: 16 (of 147)

Rank in course/Men: 15 (of 90)

Best time in course: 37:03

Rank in category: 1(of 7)

Best time in the category: 44:53

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ilsestein | 4.10 | 22:36 | 5:30 | 1 | - | 13 | 3:51 | 4.10 | 22:36 | 5:30 | 1 | - | 13 | 3:51 |
| Loddenke | 2.20 | 8:35 | 3:54 | 1 | - | 12 | 4:00 | 6.30 | 31:11 | 4:56 | 1 | - | 14 | 26:36 |
| Ilseburg/Markt | 3.30 | 13:42 | 4:09 | 1 | - | 18 | 2:29 | 9.60 | 44:53 | 4:40 | 1 | - | 15 | 7:50 |