



51. Brockenlauf
Ilsenburg / 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
Ilsenburg/Markt	3.30	13:42	4:09	1	-	18	2:29	9.60	44:53	4:40	1	-	15	7:50