



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Jödecke, Simon

Club: Ride4Life  
Number: 599

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 47:11

Speed: 11.44 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 25 (of 147)

Rank in course/Men: 22 (of 90)

Best time in course: 37:03

Rank in category: 2(of 10)

Best time in the category: 41:26

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	24:17	5:55	3	4:29	32	5:32	4.10	24:17	5:55	3	4:29	32	5:32
Loddenke	2.20	9:09	4:09	3	1:09	19	4:34	6.30	33:26	5:18	2	5:38	23	28:51
Ilseburg/Markt	3.30	13:45	4:10	2	0:07	19	2:32	9.60	47:11	4:54	2	5:45	22	10:08