



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Niemann, Marc

Club: Harz Bootcamp
Number: 645

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:17

Speed: 11.42 km/h
Running performance: 4:56 min/km

Rank in course/Total: 26 (of 147)

Rank in course/Men: 23 (of 90)

Best time in course: 37:03

Rank in category: 6(of 11)

Best time in the category: 39:16

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	24:00	5:51	7	4:28	29	5:15	4.10	24:00	5:51	7	4:28	29	5:15
Loddenke	2.20	9:26	4:17	6	1:50	24	4:51	6.30	33:26	5:18	6	6:18	23	28:51
Ilseburg/Markt	3.30	13:51	4:11	5	1:43	20	2:38	9.60	47:17	4:55	6	8:01	23	10:14