



51. Brockenlauf Ilseburg / 03.09.2022

Detailed evaluation

Franzke, Jan

Club: LSG Kassel

Number: 576

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 47:24

Speed: 11.39 km/h

Running performance: 4:56 min/km

Rank in course/Total: 27 (of 147)

Rank in course/Men: 24 (of 90)

Best time in course: 37:03

Rank in category: 2(of 8)

Best time in the category: 40:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:49	5:48	2	3:37	25	5:04	4.10	23:49	5:48	2	3:37	25	5:04
Loddenke	2.20	9:39	4:23	2	1:44	29	5:04	6.30	33:28	5:18	2	5:21	26	28:53
Ilseburg/Markt	3.30	13:56	4:13	2	1:49	22	2:43	9.60	47:24	4:56	2	7:10	24	10:21