



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Lampert, Christoph

Club: Die Neoprenallergiker
Number: 709

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:50

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 29 (of 147)

Rank in course/Men: 26 (of 90)

Best time in course: 37:03

Rank in category: 2(of 9)

Best time in the category: 43:44

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	23:45	5:47	2	1:50	24	5:00	4.10	23:45	5:47	2	1:50	24	5:00
Loddenke	2.20	9:39	4:23	3	0:52	29	5:04	6.30	33:24	5:18	2	2:42	22	28:49
Ilseburg/Markt	3.30	14:26	4:22	3	1:24	28	3:13	9.60	47:50	4:58	2	4:06	26	10:47