



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Mittag, Andreas

Club: flying cranes
Number: 633

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:04

Speed: 11.23 km/h
Running performance: 5:01 min/km

Rank in course/Total: 31 (of 147)

Rank in course/Men: 28 (of 90)

Best time in course: 37:03

Rank in category: 3(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	23:26	5:42	2	3:38	21	4:41	4.10	23:26	5:42	2	3:38	21	4:41
Loddenke	2.20	10:17	4:40	5	2:17	45	5:42	6.30	33:43	5:21	3	5:55	29	29:08
Ilseburg/Markt	3.30	14:21	4:20	4	0:43	27	3:08	9.60	48:04	5:00	3	6:38	28	11:01