



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Murphy, James

Club: Halle
Number: 641

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:29

Speed: 11.14 km/h
Running performance: 5:03 min/km

Rank in course/Total: 35 (of 147)

Rank in course/Men: 31 (of 90)

Best time in course: 37:03

Rank in category: 7(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	23:13	5:39	6	3:41	19	4:28	4.10	23:13	5:39	6	3:41	19	4:28
Loddenke	2.20	10:17	4:40	8	2:41	45	5:42	6.30	33:30	5:19	7	6:22	27	28:55
Ilseburg/Markt	3.30	14:59	4:32	7	2:51	38	3:46	9.60	48:29	5:03	7	9:13	31	11:26