



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Leiner, Carsten

Club: Magdeburg
Number: 623

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:45

Speed: 11.08 km/h
Running performance: 5:05 min/km

Rank in course/Total: 38 (of 147)

Rank in course/Men: 33 (of 90)

Best time in course: 37:03

Rank in category: 2(of 9)

Best time in the category: 43:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
Ilsestein	4.10	24:04	5:52	2	2:56	30	5:19	4.10	24:04	5:52	2	2:56	30	5:19
Loddenke	2.20	10:07	4:35	6	5:32	40	5:32	6.30	34:11	5:25	3	29:36	34	29:36
Ilseburg/Markt	3.30	14:34	4:24	2	1:03	33	3:21	9.60	48:45	5:04	2	5:36	33	11:42