



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

McDonald, Christian

Club: Wolfenbüttel
Number: 629

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 49:33

Speed: 10.90 km/h
Running performance: 5:10 min/km

Rank in course/Total: 42 (of 147)

Rank in course/Men: 37 (of 90)

Best time in course: 37:03

Rank in category: 3(of 6)

Best time in the category: 46:35

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	24:40	6:00	3	1:22	37	5:55	4.10	24:40	6:00	3	1:22	37	5:55
Loddenke	2.20	9:43	4:24	2	0:22	31	5:08	6.30	34:23	5:27	3	1:44	35	29:48
Ilseburg/Markt	3.30	15:10	4:35	3	1:14	40	3:57	9.60	49:33	5:09	3	2:58	37	12:30