



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

**Wolf, Benjamin**

Club: Männerhort  
Number: 687

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 50:03

Speed: 10.79 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 46 (of 147)

Rank in course/Men: 38 (of 90)

Best time in course: 37:03

Rank in category: 8(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	24:21	5:56	8	4:49	33	5:36	4.10	24:21	5:56	8	4:49	33	5:36
Loddenke	2.20	10:15	4:39	7	2:39	42	5:40	6.30	34:36	5:29	8	7:28	38	30:01
Ilseburg/Markt	3.30	15:27	4:40	8	3:19	45	4:14	9.60	50:03	5:12	8	10:47	38	13:00