



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Pfeffer, Andreas

Club: FSV Grün Weiß Ilseburg
Number: 649

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:34

Speed: 10.47 km/h
Running performance: 5:22 min/km

Rank in course/Total: 54 (of 147)

Rank in course/Men: 45 (of 90)

Best time in course: 37:03

Rank in category: 5(of 9)

Best time in the category: 43:09

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	25:45	6:16	4	4:37	45	7:00	4.10	25:45	6:16	4	4:37	45	7:00
Loddenke	2.20	9:34	4:20	4	4:59	27	4:59	6.30	35:19	5:36	5	30:44	41	30:44
Ilseburg/Markt	3.30	16:15	4:55	7	2:44	58	5:02	9.60	51:34	5:22	5	8:25	45	14:31