



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Hoppe, Sascha

Club: Neumünster
Number: 595

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 52:00

Speed: 10.38 km/h
Running performance: 5:25 min/km

Rank in course/Total: 57 (of 147)

Rank in course/Men: 47 (of 90)

Best time in course: 37:03

Rank in category: 3(of 7)

Best time in the category: 44:53

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	25:48	6:17	3	3:12	46	7:03	4.10	25:48	6:17	3	3:12	46	7:03
Loddenke	2.20	11:06	5:02	6	2:31	62	6:31	6.30	36:54	5:51	3	5:43	49	32:19
Ilseburg/Markt	3.30	15:06	4:34	3	1:24	39	3:53	9.60	52:00	5:25	3	7:07	47	14:57