



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Witthöft, Björn

Club: Rodenbek  
Number: 686

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:23

Speed: 10.31 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 59 (of 147)

Rank in course/Men: 49 (of 90)

Best time in course: 37:03

Rank in category: 6(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:12	6:23	6	5:04	48	7:27	4.10	26:12	6:23	6	5:04	48	7:27
Loddenke	2.20	10:26	4:44	7	5:51	48	5:51	6.30	36:38	5:48	7	32:03	48	32:03
Ilseburg/Markt	3.30	15:45	4:46	5	2:14	49	4:32	9.60	52:23	5:27	6	9:14	49	15:20