



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Seeliger, Jan

Club: Schachdorf Ströbeck  
Number: 698

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 52:29

Speed: 10.29 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 61 (of 147)

Rank in course/Men: 51 (of 90)

Best time in course: 37:03

Rank in category: 3(of 8)

Best time in the category: 40:14

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	26:52	6:33	3	6:40	53	8:07	4.10	26:52	6:33	3	6:40	53	8:07
Loddenke	2.20	10:39	4:50	3	2:44	54	6:04	6.30	37:31	5:57	3	9:24	53	32:56
Ilseburg/Markt	3.30	14:58	4:32	3	2:51	37	3:45	9.60	52:29	5:28	3	12:15	51	15:26