



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Thomas, Danny

Club: Grün Weiß Ilseburg
Number: 706

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 52:39

Speed: 10.94 km/h
Running performance: 5:29 min/km

Rank in course/Total: 62 (of 147)

Rank in course/Men: 52 (of 90)

Best time in course: 37:03

Rank in category: 9(of 11)

Best time in the category: 39:16

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	26:25	6:26	9	6:53	50	7:40	4.10	26:25	6:26	9	6:53	50	7:40
Loddenke	2.20	10:40	4:50	9	3:04	55	6:05	6.30	37:05	5:53	9	9:57	51	32:30
Ilseburg/Markt	3.30	15:34	4:43	9	3:26	47	4:21	9.60	52:39	5:29	9	13:23	52	15:36