



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Ullman, Rikard

Club: Team Harzcore  
Number: 693

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 53:50

Speed: 10.03 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 66 (of 147)

Rank in course/Men: 56 (of 90)

Best time in course: 37:03

Rank in category: 5(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	28:09	6:51	6	5:33	59	9:24	4.10	28:09	6:51	6	5:33	59	9:24
Loddenke	2.20	10:55	4:57	4	2:20	58	6:20	6.30	39:04	6:12	6	7:53	59	34:29
Ilseburg/Markt	3.30	14:46	4:28	2	1:04	36	3:33	9.60	53:50	5:36	5	8:57	56	16:47