



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Ziems, Sven

Club: Magdeburg
Number: 691

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 54:54

Speed: 9.84 km/h
Running performance: 5:43 min/km

Rank in course/Total: 70 (of 147)

Rank in course/Men: 58 (of 90)

Best time in course: 37:03

Rank in category: 4(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	27:38	6:44	4	7:26	58	8:53	4.10	27:38	6:44	4	7:26	58	8:53
Loddenke	2.20	10:41	4:51	4	2:46	56	6:06	6.30	38:19	6:04	4	10:12	56	33:44
Ilseburg/Markt	3.30	16:35	5:01	5	4:28	62	5:22	9.60	54:54	5:43	4	14:40	58	17:51