



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Landwehr, Stefan

Club: Erfurt  
Number: 617

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:18

Speed: 9.76 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 72 (of 147)

Rank in course/Men: 60 (of 90)

Best time in course: 37:03

Rank in category: 7(of 9)

Best time in the category: 43:09

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ilsestein      | 4.10        | 28:43         | 7:00            | 7           | 7:35           | 64          | 9:58          | 4.10          | 28:43         | 7:00            | 7           | 7:35           | 64         | 9:58          |
| Loddenke       | 2.20        | 10:43         | 4:52            | 8           | 6:08           | 57          | 6:08          | 6.30          | 39:26         | 6:15            | 8           | 34:51          | 60         | 34:51         |
| Ilseburg/Markt | 3.30        | 15:52         | 4:48            | 6           | 2:21           | 50          | 4:39          | 9.60          | 55:18         | 5:45            | 7           | 12:09          | 60         | 18:15         |