



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Lüneburg, Detlef

Club: Schweriner Rudergesellschaft
Number: 628

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 55:25

Speed: 9.74 km/h
Running performance: 5:46 min/km

Rank in course/Total: 73 (of 147)

Rank in course/Men: 61 (of 90)

Best time in course: 37:03

Rank in category: 7(of 9)

Best time in the category: 43:44

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	28:09	6:51	7	6:14	59	9:24	4.10	28:09	6:51	7	6:14	59	9:24
Loddenke	2.20	11:21	5:09	7	2:34	64	6:46	6.30	39:30	6:16	7	8:48	61	34:55
Ilseburg/Markt	3.30	15:55	4:49	7	2:53	51	4:42	9.60	55:25	5:46	7	11:41	61	18:22