



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Jahnke, Tom

Club: Männerhort  
Number: 597

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:24

Speed: 9.41 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 84 (of 147)

Rank in course/Men: 65 (of 90)

Best time in course: 37:03

Rank in category: 10(of 11)

Best time in the category: 39:16

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        | 28:57         | 7:03            | 10          | 9:25           | 65          | 10:12         | 4.10          | 28:57         | 7:03            | 10          | 9:25           | 65         | 10:12         |
| Loddenke       | 2.20        | 11:31         | 5:14            | 10          | 3:55           | 67          | 6:56          | 6.30          | 40:28         | 6:25            | 10          | 13:20          | 65         | 35:53         |
| Ilseburg/Markt | 3.30        | 16:56         | 5:07            | 10          | 4:48           | 64          | 5:43          | 9.60          | 57:24         | 5:58            | 10          | 18:08          | 65         | 20:21         |