



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: 10.03 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 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	28:57	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