



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Andreas, Strohmeier

Club: Laufftreff Feierabend Einbeck
Number: 554

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 59:10

Speed: 9.74 km/h
Running performance: 6:10 min/km

Rank in course/Total: 98 (of 147)

Rank in course/Men: 72 (of 90)

Best time in course: 37:03

Rank in category: 6(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	30:15	7:22	7	10:03	75	11:30	4.10	30:15	7:22	7	10:03	75	11:30
Loddenke	2.20	11:29	5:13	5	3:34	66	6:54	6.30	41:44	6:37	6	13:37	70	37:09
Ilseburg/Markt	3.30	17:26	5:16	6	5:19	67	6:13	9.60	59:10	6:09	6	18:56	72	22:07