



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Caspar, Justus

Club: Braunschweig
Number: 563

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:00:33

Speed: 8.92 km/h
Running performance: 6:19 min/km

Rank in course/Total: 102 (of 147)

Rank in course/Men: 73 (of 90)

Best time in course: 37:03

Rank in category: 13(of 14)

Best time in the category: 40:23

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 | 29:41 | 7:14 | 13 | 9:25 | 70 | 10:56 | 4.10 | 29:41 | 7:14 | 13 | 9:25 | 70 | 10:56 |
| Loddenke | 2.20 | 13:05 | 5:56 | 12 | 5:22 | 78 | 8:30 | 6.30 | 42:46 | 6:47 | 11 | 14:47 | 73 | 38:11 |
| Ilseburg/Markt | 3.30 | 17:47 | 5:23 | 11 | 5:23 | 69 | 6:34 | 9.60 | 1:00:33 | 6:18 | 13 | 20:10 | 73 | 23:30 |