



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