



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Oppermann, Frank

Club: LG TuS Vinsebeck
Number: 646

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:01:56

Speed: 9.30 km/h
Running performance: 6:27 min/km

Rank in course/Total: 109 (of 147)

Rank in course/Men: 77 (of 90)

Best time in course: 37:03

Rank in category: 7(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	30:31	7:26	8	10:19	76	11:46	4.10	30:31	7:26	8	10:19	76	11:46	
Loddenke	2.20	12:40	5:45	7	4:45	75	8:05	6.30	43:11	6:51	8	15:04	77	38:36	
Ilseburg/Markt	3.30	18:45	5:40	7	6:38	75	7:32	9.60	1:01:56	6:27	7	21:42	77	24:53	