



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Thater, Ralf

Club: LSF Oldenburg
Number: 412

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:07:06

Speed: 8.05 km/h
Running performance: 6:59 min/km

Rank in course/Total: 126 (of 147)

Rank in course/Men: 81 (of 90)

Best time in course: 37:03

Rank in category: 6(of 6)

Best time in the category: 46:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	33:02	8:03	6	9:44	80	14:17	4.10	33:02	8:03	6	9:44	80	14:17
Loddenke	2.20	14:24	6:32	6	5:03	85	9:49	6.30	47:26	7:31	6	14:47	83	42:51
Ilseburg/Markt	3.30	19:40	5:57	6	5:44	79	8:27	9.60	1:07:06	6:59	6	20:31	81	30:03