



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Rüger, Christopher

Club: Rostock  
Number: 657

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:10:40

Speed: 7.64 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 137 (of 147)

Rank in course/Men: 86 (of 90)

Best time in course: 37:03

Rank in category: 11(of 11)

Best time in the category: 39:16

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	36:16	8:50	11	16:44	87	17:31	4.10	36:16	8:50	11	16:44	87	17:31
Loddenke	2.20	13:45	6:14	11	6:09	81	9:10	6.30	50:01	7:56	11	22:53	86	45:26
Ilseburg/Markt	3.30	20:39	6:15	11	8:31	82	9:26	9.60	1:10:40	7:21	11	31:24	86	33:37