



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Plapper, Steffen

Club: Bad Harzburg
Number: 651

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:10:47

Speed: 7.63 km/h
Running performance: 7:22 min/km

Rank in course/Total: 139 (of 147)

Rank in course/Men: 87 (of 90)

Best time in course: 37:03

Rank in category: 10(of 10)

Best time in the category: 41:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	36:00	8:46	10	16:12	86	17:15	4.10	36:00	8:46	10	16:12	86	17:15
Loddenke	2.20	14:25	6:33	10	6:25	86	9:50	6.30	50:25	8:00	10	22:37	87	45:50
Ilseburg/Markt	3.30	20:22	6:10	10	6:44	80	9:09	9.60	1:10:47	7:22	10	29:21	87	33:44