



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Lehmann, Christoph

Club: Goslar

Number: 668

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:51

Speed: 13.22 km/h

Running performance: 4:16 min/km

Rank in course/Total: 8 (of 169)

Rank in course/Men: 7 (of 101)

Best time in course: 34:38

Rank in category: 3(of 8)

Best time in the category: 35:21

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	19:33	4:46	3	2:25	6	2:33	4.10	19:33	4:46	3	2:25	7	19:33
Loddenke	2.20	8:27	3:50	3	1:19	12	1:40	6.30	28:00	4:26	3	3:43	7	4:13
Ilseburg/Markt	3.30	12:51	3:53	3	1:47	7	2:12	9.60	40:51	4:15	3	5:30	7	6:13