



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Lehmann, Jörg

Club: Harz-Gebirgslauf Wernigerode  
Number: 752

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 42:18

Speed: 13.62 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 11 (of 169)

Rank in course/Men: 10 (of 101)

Best time in course: 34:38

Rank in category: 1(of 11)

Best time in the category: 42:18

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	20:35	5:01	1	-	10	3:35	4.10	20:35	5:01	1	-	11	20:35
Loddenke	2.20	8:15	3:44	1	-	8	1:28	6.30	28:50	4:34	1	-	10	5:03
Ilseburg/Markt	3.30	13:28	4:04	1	-	14	2:49	9.60	42:18	4:24	1	-	10	7:40