



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Wadehn, Ricky

Club: Brockenlaufverein  
Number: 776

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:09

Speed: 11.96 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 22 (of 169)

Rank in course/Men: 19 (of 101)

Best time in course: 34:38

Rank in category: 2(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	22:16	5:25	2	1:41	15	5:16	4.10	22:16	5:25	2	1:41	16	22:16
Loddenke	2.20	8:59	4:04	2	0:44	18	2:12	6.30	31:15	4:57	2	2:25	17	7:28
Ilseburg/Markt	3.30	13:54	4:12	3	0:26	21	3:15	9.60	45:09	4:42	2	2:51	19	10:31