



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Walte, Sascha

Club: Abbenrode
Number: 764

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:47

Speed: 11.79 km/h
Running performance: 4:46 min/km

Rank in course/Total: 24 (of 169)

Rank in course/Men: 21 (of 101)

Best time in course: 34:38

Rank in category: 3(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	23:12	5:39	3	2:37	23	6:12	4.10	23:12	5:39	3	2:37	24	23:12
Loddenke	2.20	9:03	4:06	3	0:48	20	2:16	6.30	32:15	5:07	3	3:25	22	8:28
Ilseburg/Markt	3.30	13:32	4:06	2	0:04	15	2:53	9.60	45:47	4:46	3	3:29	21	11:09