



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Einecke, Adrian

Club: LSG Ascania Aschersleben e.V.
Number: 625

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:30

Speed: 11.61 km/h
Running performance: 4:50 min/km

Rank in course/Total: 26 (of 169)

Rank in course/Men: 22 (of 101)

Best time in course: 34:38

Rank in category: 1(of 13)

Best time in the category: 46:30

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	23:06	5:38	1	-	21	6:06	4.10	23:06	5:38	1	-	22	23:06
Loddenke	2.20	9:21	4:14	2	0:24	30	2:34	6.30	32:27	5:09	2	0:11	25	8:40
Ilseburg/Markt	3.30	14:03	4:15	1	-	25	3:24	9.60	46:30	4:50	1	-	22	11:52