



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Münster, Tobias

Club: Hamburg
Number: 684

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:14

Speed: 11.43 km/h
Running performance: 4:55 min/km

Rank in course/Total: 31 (of 169)

Rank in course/Men: 26 (of 101)

Best time in course: 34:38

Rank in category: 2(of 8)

Best time in the category: 43:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	23:53	5:49	2	2:23	30	6:53	4.10	23:53	5:49	2	2:23	31	23:53
Loddenke	2.20	9:18	4:13	2	1:00	28	2:31	6.30	33:11	5:16	2	3:23	31	9:24
Ilseburg/Markt	3.30	14:03	4:15	2	0:43	25	3:24	9.60	47:14	4:55	2	4:06	26	12:36