



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Franzke, Jan

Club: LSG Kassel
Number: 770

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 48:18

Speed: 11.93 km/h
Running performance: 5:02 min/km

Rank in course/Total: 38 (of 169)

Rank in course/Men: 31 (of 101)

Best time in course: 34:38

Rank in category: 2(of 8)

Best time in the category: 41:03

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	24:40	6:00	2	4:45	35	7:40	4.10	24:40	6:00	2	4:45	36	24:40
Loddenke	2.20	9:22	4:15	2	1:14	31	2:35	6.30	34:02	5:24	2	5:59	33	10:15
Ilseburg/Markt	3.30	14:16	4:19	2	1:16	28	3:37	9.60	48:18	5:01	2	7:15	31	13:40