



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Köllner, Rüdiger

Club: NSV Wernigerode
Number: 655

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:59

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 40 (of 169)

Rank in course/Men: 33 (of 101)

Best time in course: 34:38

Rank in category: 3(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 ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ilsestein | 4.10 | 24:27 | 5:57 | 3 | 2:57 | 32 | 7:27 | 4.10 | 24:27 | 5:57 | 3 | 2:57 | 33 | 24:27 |
| Loddenke | 2.20 | 9:37 | 4:22 | 3 | 1:19 | 35 | 2:50 | 6.30 | 34:04 | 5:24 | 3 | 4:16 | 34 | 10:17 |
| Ilseburg/Markt | 3.30 | 14:55 | 4:31 | 4 | 1:35 | 41 | 4:16 | 9.60 | 48:59 | 5:06 | 3 | 5:51 | 33 | 14:21 |