



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: 11.02 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