



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Müller, Rainer

Club: TuS 13 Hembsen
Number: 682

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:16

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 44 (of 169)

Rank in course/Men: 37 (of 101)

Best time in course: 34:38

Rank in category: 3(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	25:09	6:08	3	5:14	40	8:09	4.10	25:09	6:08	3	5:14	41	25:09
Loddenke	2.20	9:40	4:23	3	1:32	38	2:53	6.30	34:49	5:31	3	6:46	39	11:02
Ilseburg/Markt	3.30	14:27	4:22	3	1:27	31	3:48	9.60	49:16	5:07	3	8:13	37	14:38