



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Caspar, Holger

Club: Michelbach Aarbergen
Number: 614

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 51:12

Speed: 10.55 km/h
Running performance: 5:20 min/km

Rank in course/Total: 57 (of 169)

Rank in course/Men: 44 (of 101)

Best time in course: 34:38

Rank in category: 4(of 8)

Best time in the category: 41:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Ilsestein	4.10	26:32	6:28	5	6:37	52	9:32	4.10	26:32	6:28	5	6:37	53	26:32			
Loddenke	2.20	10:06	4:35	4	1:58	45	3:19	6.30	36:38	5:48	5	8:35	49	12:51			
Ilseburg/Markt	3.30	14:34	4:24	4	1:34	35	3:55	9.60	51:12	5:20	4	10:09	44	16:34			