



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Bormann, David

Club: Die Steuerprofis
Number: 611

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 51:17

Speed: 11.23 km/h
Running performance: 5:20 min/km

Rank in course/Total: 59 (of 169)

Rank in course/Men: 45 (of 101)

Best time in course: 34:38

Rank in category: 5(of 8)

Best time in the category: 35:21

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:17	6:24	5	9:09	49	9:17	4.10	26:17	6:24	5	9:09	50	26:17
Loddenke	2.20	10:00	4:32	5	2:52	42	3:13	6.30	36:17	5:45	5	12:00	48	12:30
Ilseburg/Markt	3.30	15:00	4:32	6	3:56	42	4:21	9.60	51:17	5:20	5	15:56	45	16:39