



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Krüger, Christoph

Club: Die Steuerprofis  
Number: 661

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 52:50

Speed: 10.90 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 69 (of 169)

Rank in course/Men: 50 (of 101)

Best time in course: 34:38

Rank in category: 6(of 8)

Best time in the category: 35:21

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	27:22	6:40	6	10:14	62	10:22	4.10	27:22	6:40	6	10:14	63	27:22
Loddenke	2.20	10:38	4:49	6	3:30	57	3:51	6.30	38:00	6:01	6	13:43	61	14:13
Ilseburg/Markt	3.30	14:50	4:29	5	3:46	40	4:11	9.60	52:50	5:30	6	17:29	50	18:12