



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Stagge, Mario

Club: Ilseburg  
Number: 703

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 52:58

Speed: 10.20 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 70 (of 169)

Rank in course/Men: 51 (of 101)

Best time in course: 34:38

Rank in category: 4(of 13)

Best time in the category: 46:30

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	26:13	6:23	5	3:07	48	9:13	4.10	26:13	6:23	5	3:07	49	26:13
Loddenke	2.20	10:41	4:51	7	1:44	58	3:54	6.30	36:54	5:51	5	4:38	51	13:07
Ilseburg/Markt	3.30	16:04	4:52	5	2:01	53	5:25	9.60	52:58	5:31	4	6:28	51	18:20