



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

McDonald, Christian

Club: Niedersachsen - Wolfenbüttel  
Number: 674

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 53:55

Speed: 10.68 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 82 (of 169)

Rank in course/Men: 59 (of 101)

Best time in course: 34:38

Rank in category: 4(of 8)

Best time in the category: 44:46

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ilsestein      | 4.10        | 26:46         | 6:31            | 4           | 4:26           | 56          | 9:46          | 4.10          | 26:46         | 6:31            | 4           | 4:26           | 57         | 26:46         |
| Loddenke       | 2.20        | 10:19         | 4:41            | 3           | 1:33           | 50          | 3:32          | 6.30          | 37:05         | 5:53            | 3           | 5:59           | 52         | 13:18         |
| Ilseburg/Markt | 3.30        | 16:50         | 5:06            | 5           | 3:10           | 70          | 6:11          | 9.60          | 53:55         | 5:36            | 4           | 9:09           | 59         | 19:17         |