



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: 10.02 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 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	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