



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Sturm, Andre

Club: Salzgitter
Number: 708

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:48

Speed: 10.51 km/h
Running performance: 5:43 min/km

Rank in course/Total: 87 (of 169)

Rank in course/Men: 62 (of 101)

Best time in course: 34:38

Rank in category: 10(of 11)

Best time in the category: 42:18

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	27:38	6:44	10	7:03	64	10:38	4.10	27:38	6:44	10	7:03	65	27:38
Loddenke	2.20	11:04	5:01	10	2:49	64	4:17	6.30	38:42	6:08	10	9:52	64	14:55
Ilseburg/Markt	3.30	16:06	4:52	9	2:38	55	5:27	9.60	54:48	5:42	10	12:30	62	20:10