



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

**Pabst, Uwe**

Club: BMG

Number: 1180

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 55:08

Speed: 9.79 km/h

Running performance: 5:44 min/km

Rank in course/Total: 89 (of 169)

Rank in course/Men: 63 (of 101)

Best time in course: 34:38

Rank in category: 6(of 8)

Best time in the category: 41:03

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	27:24	6:40	6	7:29	63	10:24	4.10	27:24	6:40	6	7:29	64	27:24
Loddenke	2.20	11:04	5:01	7	2:56	64	4:17	6.30	38:28	6:06	6	10:25	63	14:41
Ilseburg/Markt	3.30	16:40	5:03	6	3:40	65	6:01	9.60	55:08	5:44	6	14:05	63	20:30