



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Radünzel, Roy

Club: Ilseburg
Number: 692

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 55:23

Speed: 10.40 km/h
Running performance: 5:46 min/km

Rank in course/Total: 90 (of 169)

Rank in course/Men: 64 (of 101)

Best time in course: 34:38

Rank in category: 7(of 8)

Best time in the category: 44:44

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	28:08	6:51	7	5:58	66	11:08	4.10	28:08	6:51	7	5:58	67	28:08
Loddenke	2.20	10:46	4:53	7	2:08	60	3:59	6.30	38:54	6:10	7	8:06	65	15:07
Ilseburg/Markt	3.30	16:29	4:59	7	3:24	63	5:50	9.60	55:23	5:46	7	10:39	64	20:45