



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Caspar, Justus

Club: Braunschweig
Number: 615

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 55:48

Speed: 9.68 km/h
Running performance: 5:49 min/km

Rank in course/Total: 93 (of 169)

Rank in course/Men: 66 (of 101)

Best time in course: 34:38

Rank in category: 9(of 15)

Best time in the category: 35:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:13	6:38	10	9:37	61	10:13	4.10	27:13	6:38	10	9:37	62	27:13
Loddenke	2.20	11:50	5:22	9	4:59	76	5:03	6.30	39:03	6:11	9	14:36	66	15:16
Ilseburg/Markt	3.30	16:45	5:04	9	6:06	67	6:06	9.60	55:48	5:48	9	20:42	66	21:10