



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Caspar, Lukas

Club: Ilseburg
Number: 616

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 55:49

Speed: 9.67 km/h
Running performance: 5:49 min/km

Rank in course/Total: 94 (of 169)

Rank in course/Men: 67 (of 101)

Best time in course: 34:38

Rank in category: 10(of 15)

Best time in the category: 35:06

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:44	6:31	9	9:08	55	9:44	4.10	26:44	6:31	9	9:08	56	26:44
Loddenke	2.20	12:19	5:35	10	5:28	80	5:32	6.30	39:03	6:11	9	14:36	66	15:16
Ilseburg/Markt	3.30	16:46	5:04	10	6:07	68	6:07	9.60	55:49	5:48	10	20:43	67	21:11