



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Dannemann, Udo

Club: LSG Kassel
Number: 618

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 56:54

Speed: 10.12 km/h
Running performance: 5:56 min/km

Rank in course/Total: 101 (of 169)

Rank in course/Men: 71 (of 101)

Best time in course: 34:38

Rank in category: 5(of 8)

Best time in the category: 44:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	28:51	7:02	5	6:31	72	11:51	4.10	28:51	7:02	5	6:31	73	28:51
Loddenke	2.20	11:36	5:16	5	2:50	70	4:49	6.30	40:27	6:25	5	9:21	71	16:40
Ilseburg/Markt	3.30	16:27	4:59	4	2:47	60	5:48	9.60	56:54	5:55	5	12:08	71	22:16