



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Bauer, Ralf

Club: Nix tun kann jeder
Number: 740

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 57:22

Speed: 10.04 km/h
Running performance: 5:59 min/km

Rank in course/Total: 108 (of 169)

Rank in course/Men: 74 (of 101)

Best time in course: 34:38

Rank in category: 8(of 13)

Best time in the category: 46:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind		
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men				
Ilsestein	4.10	29:57	7:18	8	77	6:51	12:57	4.10	29:57	7:18	8	78	6:51	29:57	8	78	6:51	29:57
Loddenke	2.20	10:33	4:47	6	55	1:36	3:46	6.30	40:30	6:25	7	73	8:14	16:43	7	73	8:14	16:43
Ilseburg/Markt	3.30	16:52	5:06	7	72	2:49	6:13	9.60	57:22	5:58	8	74	10:52	22:44	8	74	10:52	22:44