



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Ratheisky, Nils

Club: SSV Limmer
Number: 757

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:41

Speed: 9.99 km/h
Running performance: 6:01 min/km

Rank in course/Total: 109 (of 169)

Rank in course/Men: 75 (of 101)

Best time in course: 34:38

Rank in category: 11(of 11)

Best time in the category: 42:18

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	29:12	7:07	11	8:37	75	12:12	4.10	29:12	7:07	11	8:37	76	29:12
Loddenke	2.20	11:50	5:22	11	3:35	76	5:03	6.30	41:02	6:30	11	12:12	76	17:15
Ilseburg/Markt	3.30	16:39	5:02	11	3:11	64	6:00	9.60	57:41	6:00	11	15:23	75	23:03