



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Rezaie, Nabi

Club: Clausthal-Zellerfeld
Number: 774

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 57:59

Speed: 9.31 km/h
Running performance: 6:02 min/km

Rank in course/Total: 111 (of 169)

Rank in course/Men: 76 (of 101)

Best time in course: 34:38

Rank in category: 8(of 8)

Best time in the category: 44:44

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	28:54	7:02	8	6:44	74	11:54	4.10	28:54	7:02	8	6:44	75	28:54
Loddenke	2.20	11:51	5:23	8	3:13	78	5:04	6.30	40:45	6:28	8	9:57	75	16:58
Ilseburg/Markt	3.30	17:14	5:13	8	4:09	76	6:35	9.60	57:59	6:02	8	13:15	76	23:21