



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Rodegast, Jens

Club: Bad Belzig
Number: 696

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 59:12

Speed: 9.12 km/h
Running performance: 6:10 min/km

Rank in course/Total: 118 (of 169)

Rank in course/Men: 78 (of 101)

Best time in course: 34:38

Rank in category: 8(of 8)

Best time in the category: 41:03

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	30:25	7:25	8	10:30	81	13:25	4.10	30:25	7:25	8	10:30	82	30:25
Loddenke	2.20	11:12	5:05	8	3:04	66	4:25	6.30	41:37	6:36	8	13:34	80	17:50
Ilseburg/Markt	3.30	17:35	5:19	8	4:35	78	6:56	9.60	59:12	6:10	8	18:09	78	24:34