



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Gieraths, Alexander

Club: Calbe
Number: 745

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:01:25

Speed: 9.38 km/h
Running performance: 6:24 min/km

Rank in course/Total: 131 (of 169)

Rank in course/Men: 83 (of 101)

Best time in course: 34:38

Rank in category: 9(of 13)

Best time in the category: 46:30

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	30:30	7:26	9	7:24	82	13:30	4.10	30:30	7:26	9	7:24	83	30:30
Loddenke	2.20	12:22	5:37	9	3:25	81	5:35	6.30	42:52	6:48	9	10:36	83	19:05
Ilseburg/Markt	3.30	18:33	5:37	9	4:30	85	7:54	9.60	1:01:25	6:23	9	14:55	83	26:47