



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: 8.79 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. | 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 | 30:30 | 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 | |