



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Helbing, Dominic

Club: Ilseburg  
Number: 635

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:05:31

Speed: 8.24 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 146 (of 169)

Rank in course/Men: 89 (of 101)

Best time in course: 34:38

Rank in category: 13(of 15)

Best time in the category: 35:06

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	32:40	7:58	13	15:04	89	15:40	4.10	32:40	7:58	13	15:04	90	32:40
Loddenke	2.20	13:04	5:56	13	6:13	89	6:17	6.30	45:44	7:15	13	21:17	90	21:57
Ilseburg/Markt	3.30	19:47	5:59	14	9:08	89	9:08	9.60	1:05:31	6:49	13	30:25	89	30:53