



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Merx, Kay

Club: Nienburg (Weser)
Number: 676

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:15:10

Speed: 7.18 km/h
Running performance: 7:50 min/km

Rank in course/Total: 162 (of 169)

Rank in course/Men: 96 (of 101)

Best time in course: 34:38

Rank in category: 13(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	36:52	8:59	13	13:46	96	19:52	4.10	36:52	8:59	13	13:46	97	36:52
Loddenke	2.20	15:16	6:56	13	6:19	96	8:29	6.30	52:08	8:16	13	19:52	97	28:21
Ilseburg/Markt	3.30	23:02	6:58	13	8:59	96	12:23	9.60	1:15:10	7:49	13	28:40	96	40:32