



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Zdebel, Rene

Club: Neu Wulmstorf
Number: 778

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:20

Speed: 9.71 km/h
Running performance: 6:11 min/km

Rank in course/Total: 93 (of 148)

Rank in course/Men: 68 (of 94)

Best time in course: 35:15

Rank in category: 10(of 10)

Best time in the category: 41:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	29:57	7:18	10	9:13	69	12:27	4.10	29:57	7:18	11	9:13	95	12:27	
Loddenke	2.20	12:41	5:45	10	4:07	74	5:42	6.30	42:38	6:46	11	13:20	94	18:09	
Ilseburg/Markt	3.30	16:42	5:03	9	4:18	63	5:56	9.60	59:20	6:10	10	17:38	68	24:05	