



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Wittenburg, Thomas

Club: Neu Wulmstorf
Number: 774

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 59:15

Speed: 9.11 km/h
Running performance: 6:10 min/km

Rank in course/Total: 92 (of 148)

Rank in course/Men: 67 (of 94)

Best time in course: 35:15

Rank in category: 7(of 11)

Best time in the category: 41:08

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 | 29:58 | 7:18 | 8 | 9:07 | 70 | 12:28 | 4.10 | 29:58 | 7:18 | 12 | 9:07 | 95 | 12:28 |
| Loddenke | 2.20 | 12:39 | 5:45 | 8 | 4:49 | 73 | 5:40 | 6.30 | 42:37 | 6:45 | 12 | 13:37 | 94 | 18:08 |
| Ilseburg/Markt | 3.30 | 16:38 | 5:02 | 5 | 4:33 | 62 | 5:52 | 9.60 | 59:15 | 6:10 | 7 | 18:07 | 67 | 24:00 |