



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Lampe, Manfred

Club: SV Brake
Number: 720

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:02:26

Speed: 8.65 km/h
Running performance: 6:30 min/km

Rank in course/Total: 110 (of 148)

Rank in course/Men: 77 (of 94)

Best time in course: 35:15

Rank in category: 1(of 4)

Best time in the category: 1:02:26

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	32:09	7:50	1	-	78	14:39	4.10	32:09	7:50	1	-	95	14:39
Loddenke	2.20	12:37	5:44	1	-	72	5:38	6.30	44:46	7:06	1	-	94	20:17
Ilseburg/Markt	3.30	17:40	5:21	1	-	74	6:54	9.60	1:02:26	6:30	1	-	77	27:11