



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Hennig, Christian

Club: Die Risikogruppe  
Number: 687

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:10:32

Speed: 8.17 km/h  
Running performance: 7:21 min/km

Rank in course/Total: 135 (of 148)

Rank in course/Men: 90 (of 94)

Best time in course: 35:15

Rank in category: 3(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		Behind		Total		Total		Total		Pos		Behind		
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men				
Ilsestein	4.10	35:02	8:32	3	89	2:53	17:32	4.10	35:02	8:32	5	95	2:53	17:32	5	95	2:53	17:32
Loddenke	2.20	15:28	7:01	3	91	2:51	8:29	6.30	50:30	8:00	5	94	5:44	26:01	5	94	5:44	26:01
Ilseburg/Markt	3.30	20:02	6:04	3	86	2:22	9:16	9.60	1:10:32	7:20	3	90	8:06	35:17	3	90	8:06	35:17