



50. Brockenlauf
Ilsenburg / 04.09.2021

Detailed evaluation

Helmstedt, Sascha

Club: Ilsenburg
Number: 818

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 43:38

Speed: 13.20 km/h
Running performance: 4:33 min/km

Rank in course/Total: 11 (of 148)

Rank in course/Men: 10 (of 94)

Best time in course: 35:15

Rank in category: 1(of 3)

Best time in the category: 43:38

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	21:01	5:07	1	-	9	3:31	4.10	21:01	5:07	1	-	95	3:31
Loddenke	2.20	8:38	3:55	1	-	11	1:39	6.30	29:39	4:42	1	-	94	5:10
Ilsenburg/Markt	3.30	13:59	4:14	1	-	23	3:13	9.60	43:38	4:32	1	-	10	8:23