



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Dr. Ruger, Christopher

Club: Rostock
Number: 789

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:10:26

Speed: 7.67 km/h
Running performance: 7:20 min/km

Rank in course/Total: 134 (of 148)

Rank in course/Men: 89 (of 94)

Best time in course: 35:15

Rank in category: 13(of 13)

Best time in the category: 39:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	35:46	8:43	13	15:48	90	18:16	4.10	35:46	8:43	14	15:48	95	18:16
Loddenke	2.20	14:26	6:33	13	6:36	89	7:27	6.30	50:12	7:58	14	22:22	94	25:43
Ilseburg/Markt	3.30	20:14	6:07	13	8:23	87	9:28	9.60	1:10:26	7:20	13	30:45	89	35:11