



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Niemann, Marc

Club: Harz Bootcamp
Number: 736

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:02

Speed: 11.73 km/h
Running performance: 4:48 min/km

Rank in course/Total: 18 (of 148)

Rank in course/Men: 17 (of 94)

Best time in course: 35:15

Rank in category: 5(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.	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	23:29	5:43	6	3:31	25	5:59	4.10	23:29	5:43	14	3:31	95	5:59
Loddenke	2.20	9:07	4:08	5	1:17	16	2:08	6.30	32:36	5:10	14	4:46	94	8:07
Ilseburg/Markt	3.30	13:26	4:04	3	1:35	11	2:40	9.60	46:02	4:47	5	6:21	17	10:47