



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Mack, Jens

Club: TSV Tutzing
Number: 817

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:18

Speed: 11.66 km/h
Running performance: 4:49 min/km

Rank in course/Total: 23 (of 148)

Rank in course/Men: 22 (of 94)

Best time in course: 35:15

Rank in category: 2(of 10)

Best time in the category: 41:42

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	22:49	5:33	2	2:05	19	5:19	4.10	22:49	5:33	11	2:05	95	5:19
Loddenke	2.20	9:12	4:10	2	0:38	20	2:13	6.30	32:01	5:04	11	2:43	94	7:32
Ilseburg/Markt	3.30	14:17	4:19	3	1:53	28	3:31	9.60	46:18	4:49	2	4:36	22	11:03