



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Kuhnke, Lothar

Club: Recklinghausen
Number: 717

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 48:15

Speed: 11.94 km/h
Running performance: 5:02 min/km

Rank in course/Total: 33 (of 148)

Rank in course/Men: 29 (of 94)

Best time in course: 35:15

Rank in category: 1(of 5)

Best time in the category: 48:15

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	23:47	5:48	1	-	29	6:17	4.10	23:47	5:48	1	-	95	6:17
Loddenke	2.20	10:13	4:38	1	-	36	3:14	6.30	34:00	5:23	1	-	94	9:31
Ilseburg/Markt	3.30	14:15	4:19	1	-	27	3:29	9.60	48:15	5:01	1	-	29	13:00