



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Sander, Martin

Club: SV Einheit Worbis  
Number: 749

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 41:42

Speed: 12.95 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 8 (of 148)

Rank in course/Men: 8 (of 94)

Best time in course: 35:15

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	20:44	5:03	1	-	6	3:14	4.10	20:44	5:03	1	-	95	3:14
Loddenke	2.20	8:34	3:53	1	-	9	1:35	6.30	29:18	4:39	1	-	94	4:49
Ilseburg/Markt	3.30	12:24	3:45	1	-	6	1:38	9.60	41:42	4:20	1	-	8	6:27