



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: 13.81 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. | 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 | 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 | |