



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Schrader, René

Club: SC Osterwieck
Number: 808

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:46

Speed: 10.92 km/h
Running performance: 5:30 min/km

Rank in course/Total: 56 (of 148)

Rank in course/Men: 45 (of 94)

Best time in course: 35:15

Rank in category: 6(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	26:06	6:21	6	5:22	44	8:36	4.10	26:06	6:21	11	5:22	95	8:36
Loddenke	2.20	11:00	5:00	8	2:26	53	4:01	6.30	37:06	5:53	11	7:48	94	12:37
Ilseburg/Markt	3.30	15:40	4:44	6	3:16	43	4:54	9.60	52:46	5:29	6	11:04	45	17:31