



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Witthöft, Björn

Club: Rodenbek
Number: 775

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:59

Speed: 10.87 km/h
Running performance: 5:31 min/km

Rank in course/Total: 57 (of 148)

Rank in course/Men: 46 (of 94)

Best time in course: 35:15

Rank in category: 7(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	26:16	6:24	7	5:32	47	8:46	4.10	26:16	6:24	11	5:32	95	8:46
Loddenke	2.20	10:42	4:51	6	2:08	48	3:43	6.30	36:58	5:52	11	7:40	94	12:29
Ilseburg/Markt	3.30	16:01	4:51	7	3:37	49	5:15	9.60	52:59	5:31	7	11:17	46	17:44