



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Landow, Sascha

Club: Bremen
Number: 802

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 54:13

Speed: 9.96 km/h
Running performance: 5:39 min/km

Rank in course/Total: 65 (of 148)

Rank in course/Men: 50 (of 94)

Best time in course: 35:15

Rank in category: 9(of 13)

Best time in the category: 39:41

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	26:14	6:23	9	6:16	46	8:44	4.10	26:14	6:23	14	6:16	95	8:44
Loddenke	2.20	11:23	5:10	10	3:33	61	4:24	6.30	37:37	5:58	14	9:47	94	13:08
Ilseburg/Markt	3.30	16:36	5:01	10	4:45	60	5:50	9.60	54:13	5:38	9	14:32	50	18:58