



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Golnik, Markus

Club: SG Lauffreunde Harz
Number: 794

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:59

Speed: 10.59 km/h
Running performance: 5:19 min/km

Rank in course/Total: 46 (of 148)

Rank in course/Men: 38 (of 94)

Best time in course: 35:15

Rank in category: 3(of 7)

Best time in the category: 44:10

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	25:57	6:19	4	4:10	42	8:27	4.10	25:57	6:19	8	4:10	95	8:27
Loddenke	2.20	10:26	4:44	3	1:49	40	3:27	6.30	36:23	5:46	8	5:59	94	11:54
Ilseburg/Markt	3.30	14:36	4:25	2	0:50	30	3:50	9.60	50:59	5:18	3	6:49	38	15:44