



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Giesecking, Carsten

Club: Praxis am Weidenweg
Number: 682

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 56:10

Speed: 9.61 km/h
Running performance: 5:51 min/km

Rank in course/Total: 76 (of 148)

Rank in course/Men: 58 (of 94)

Best time in course: 35:15

Rank in category: 3(of 10)

Best time in the category: 51:11

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	29:32	7:12	3	3:14	65	12:02	4.10	29:32	7:12	11	3:14	95	12:02
Loddenke	2.20	10:48	4:54	2	0:28	49	3:49	6.30	40:20	6:24	10	3:42	94	15:51
Ilseburg/Markt	3.30	15:50	4:47	2	1:17	47	5:04	9.60	56:10	5:51	3	4:59	58	20:55