



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Bauer, Ralf

Club: Nix tun kann Jeder
Number: 659

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 57:31

Speed: 9.39 km/h
Running performance: 5:59 min/km

Rank in course/Total: 86 (of 148)

Rank in course/Men: 65 (of 94)

Best time in course: 35:15

Rank in category: 6(of 11)

Best time in the category: 41:08

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	29:45	7:15	7	8:54	67	12:15	4.10	29:45	7:15	6	8:54	95	12:15
Loddenke	2.20	10:41	4:51	5	2:51	46	3:42	6.30	40:26	6:25	12	11:26	94	15:57
Ilseburg/Markt	3.30	17:05	5:10	7	5:00	69	6:19	9.60	57:31	5:59	6	16:23	65	22:16