



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Dr. Ruger, Christopher

Club: Rostock  
Number: 789

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:10:26

Speed: 8.18 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 134 (of 148)

Rank in course/Men: 89 (of 94)

Best time in course: 35:15

Rank in category: 13 (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	35:46	8:43	13	15:48	90	18:16	4.10	35:46	8:43	13	15:48	90	18:16
Loddenke	2.20	14:26	6:33	13	6:36	89	7:27	6.30	50:12	7:58	13	22:22	89	25:43
Ilseburg/Markt	3.30	20:14	6:07	13	8:23	87	9:28	9.60	1:10:26	7:20	13	30:45	89	35:11