



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Lukas Caspar

Number: 563

Course: 10.10 km
10,1 km - Lauf

Category:
Männer (20-29) I

Total time: 53:29

Speed: 11.22 km/h

Running performance: 5:17 min/km

Rank in course/Total: 26 (of 178)

Rank in course/Men: 22 (of 117)

Best time in course: 38:24

Rank in category: 3(of 13)

Best time in the category: 38:24

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	24:46	6:02	4	7:07	28	7:07	4.10	24:46	6:02	4	7:07	28	7:07
Control	0.90	5:47	6:25	2	1:29	16	2:41	5.00	30:33	6:06	4	8:36	29	27:27
Ilsestein	1.00	5:28	5:28	4	1:52	25	1:52	6.00	36:01	6:00	4	10:28	26	19:56
Ilseburg/Markt	4.10	17:28	4:15	2	4:37	20	4:37	10.10	53:29	5:17	3	15:05	22	15:05