



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Nick Döppelheuer

Number: 1102

Course: 10.10 km  
10,1 km - Lauf

Category:  
Männer (20-29) I

Total time: 54:52

Speed: 10.94 km/h

Running performance: 5:25 min/km

Rank in course/Total: 31 (of 178)

Rank in course/Men: 27 (of 117)

Best time in course: 38:24

Rank in category: 4(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	25:11	6:08	5	7:32	34	7:32	4.10	25:11	6:08	5	7:32	34	7:32
Control	0.90	6:04	6:44	4	1:46	25	2:58	5.00	31:15	6:15	5	9:18	31	28:09
Ilsestein	1.00	5:21	5:20	3	1:45	23	1:45	6.00	36:36	6:06	5	11:03	30	20:31
Ilseburg/Markt	4.10	18:16	4:27	4	5:25	27	5:25	10.10	54:52	5:25	4	16:28	27	16:28