



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jussi Bruns

Number: 562

Course: 10.10 km
10,1 km - Lauf

Category:
Männer (20-29) I

Total time: 55:08

Speed: 10.88 km/h

Running performance: 5:27 min/km

Rank in course/Total: 35 (of 178)

Rank in course/Men: 30 (of 117)

Best time in course: 38:24

Rank in category: 5(of 13)

Best time in the category: 38:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	24:04	5:52	2	6:25	23	6:25	4.10	24:04	5:52	2	6:25	23	6:25
Control	0.90	5:51	6:29	3	1:33	19	2:45	5.00	29:55	5:59	2	7:58	22	26:49
Ilsestein	1.00	5:19	5:18	2	1:43	19	1:43	6.00	35:14	5:52	2	9:41	21	19:09
Ilseburg/Markt	4.10	19:54	4:51	8	7:03	55	7:03	10.10	55:08	5:27	5	16:44	30	16:44