



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Provakar Baruri

Club: Sportinstitut TU Clausthal
Number: 1037

Course: 10.10 km
10,1 km - Lauf

Category:
Männer (20-29) I

Total time: 57:54

Speed: 10.36 km/h
Running performance: 5:43 min/km

Rank in course/Total: 50 (of 178)

Rank in course/Men: 43 (of 117)

Best time in course: 38:24

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:48	6:32	6	9:09	46	9:09	4.10	26:48	6:32	6	9:09	46	9:09
Control	0.90	6:57	7:43	9	2:39	61	3:51	5.00	33:45	6:45	6	11:48	48	30:39
Ilsestein	1.00	5:41	5:41	6	2:05	35	2:05	6.00	39:26	6:34	6	13:53	46	23:21
Ilseburg/Markt	4.10	18:28	4:30	5	5:37	33	5:37	10.10	57:54	5:43	6	19:30	43	19:30