



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Maxi Kuska

Club: Braunschweiger Laufclub
Number: 645

Course: 10.10 km
10,1 km - Lauf

Category:
Männer (20-29) I

Total time: 58:50

Speed: 10.20 km/h
Running performance: 5:49 min/km

Rank in course/Total: 53 (of 178)

Rank in course/Men: 46 (of 117)

Best time in course: 38:24

Rank in category: 7(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 | 27:27 | 6:41 | 7 | 9:48 | 49 | 9:48 | 4.10 | 27:27 | 6:41 | 7 | 9:48 | 49 | 9:48 |
| Control | 0.90 | 6:50 | 7:35 | 8 | 2:32 | 55 | 3:44 | 5.00 | 34:17 | 6:51 | 7 | 12:20 | 51 | 31:11 |
| Ilsestein | 1.00 | 6:01 | 6:00 | 8 | 2:25 | 51 | 2:25 | 6.00 | 40:18 | 6:42 | 7 | 14:45 | 51 | 24:13 |
| Ilseburg/Markt | 4.10 | 18:32 | 4:31 | 6 | 5:41 | 35 | 5:41 | 10.10 | 58:50 | 5:49 | 7 | 20:26 | 46 | 20:26 |