



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Till Helmbold

Number: 597

Course: 10.10 km
10,1 km - Lauf

Category:
Männer (20-29) I

Total time: 1:01:48

Speed: 9.71 km/h

Running performance: 6:07 min/km

Rank in course/Total: 72 (of 178)

Rank in course/Men: 61 (of 117)

Best time in course: 38:24

Rank in category: 8(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	27:50	6:47	8	10:11	54	10:11	4.10	27:50	6:47	8	10:11	54	10:11
Control	0.90	6:40	7:24	6	2:22	48	3:34	5.00	34:30	6:54	8	12:33	54	31:24
Ilsestein	1.00	6:02	6:01	9	2:26	53	2:26	6.00	40:32	6:45	8	14:59	52	24:27
Ilseburg/Markt	4.10	21:16	5:11	10	8:25	71	8:25	10.10	1:01:48	6:07	8	23:24	61	23:24