



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Phillip Lübbecke

Number: 1028

Course: 10.10 km
10,1 km - Lauf

Category:
Männer (20-29) I

Total time: 1:02:23

Speed: 9.62 km/h

Running performance: 6:10 min/km

Rank in course/Total: 75 (of 178)

Rank in course/Men: 63 (of 117)

Best time in course: 38:24

Rank in category: 9(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	30:29	7:26	11	12:50	78	12:50	4.10	30:29	7:26	11	12:50	78	12:50
Control	0.90	6:43	7:27	7	2:25	49	3:37	5.00	37:12	7:26	9	15:15	71	34:06
Ilsestein	1.00	5:55	5:55	7	2:19	48	2:19	6.00	43:07	7:11	9	17:34	68	27:02
Ilseburg/Markt	4.10	19:16	4:41	7	6:25	46	6:25	10.10	1:02:23	6:10	9	23:59	63	23:59