



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Louis Franke

Number: 577

Course: 10.10 km
10,1 km - Lauf

Category:
Männer (20-29) I

Total time: 1:09:39

Speed: 8.61 km/h

Running performance: 6:53 min/km

Rank in course/Total: 112 (of 178)

Rank in course/Men: 85 (of 117)

Best time in course: 38:24

Rank in category: 12(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	32:22	7:53	12	14:43	88	14:43	4.10	32:22	7:53	12	14:43	88	14:43
Control	0.90	7:37	8:27	10	3:19	79	4:31	5.00	39:59	7:59	12	18:02	88	36:53
Ilsestein	1.00	6:59	6:59	12	3:23	78	3:23	6.00	46:58	7:49	12	21:25	87	30:53
Ilseburg/Markt	4.10	22:41	5:31	12	9:50	85	9:50	10.10	1:09:39	6:53	12	31:15	85	31:15