



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Marc Damköhler

Club: TSV 1900 Königshütte
Number: 565

Course: 10.10 km
10,1 km - Lauf

Category:
männliche Jugend U16 (14-15) I

Total time: 51:11

Speed: 11.72 km/h
Running performance: 5:04 min/km

Rank in course/Total: 20 (of 178)

Rank in course/Men: 18 (of 117)

Best time in course: 38:24

Rank in category: 2(of 5)

Best time in the category: 46:26

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	24:29	5:58	3	4:06	27	6:50	4.10	24:29	5:58	3	4:06	27	6:50
Control	0.90	5:53	6:32	2	0:45	22	2:47	5.00	30:22	6:04	3	4:51	28	27:16
Ilsestein	1.00	5:34	5:33	2	1:14	29	1:58	6.00	35:56	5:59	3	6:05	25	19:51
Ilseburg/Markt	4.10	15:15	3:43	1	-	6	2:24	10.10	51:11	5:04	2	4:45	18	12:47