



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Florian Lippe

Club: Harz-Gebirgslauf Wernigerode
Number: 654

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 40:03

Speed: 14.98 km/h
Running performance: 3:57 min/km

Rank in course/Total: 2 (of 178)

Rank in course/Men: 2 (of 117)

Best time in course: 38:24

Rank in category: 1(of 13)

Best time in the category: 40:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men				km	Time	min/km	Cat.
Ilsestein	4.10	17:55	4:22	1	-	2	0:16	4.10	17:55	4:22	1	-	2	0:16
Control	0.90	4:31	5:01	2	0:06	4	1:25	5.00	22:26	4:29	1	-	3	19:20
Ilsestein	1.00	4:04	4:03	1	-	2	0:28	6.00	26:30	4:25	1	-	3	10:25
Ilseburg/Markt	4.10	13:33	3:18	1	-	2	0:42	10.10	40:03	3:57	1	-	2	1:39