



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Alexander Fürle

Club: Laufteam Wolfshagen im Harz
Number: 581

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 40:41

Speed: 14.75 km/h
Running performance: 4:01 min/km

Rank in course/Total: 3 (of 178)

Rank in course/Men: 3 (of 117)

Best time in course: 38:24

Rank in category: 2(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	18:25	4:29	2	0:30	4	0:46	4.10	18:25	4:29	2	0:30	4	0:46
Control	0.90	4:25	4:54	1	-	3	1:19	5.00	22:50	4:33	2	0:24	4	19:44
Ilsestein	1.00	4:05	4:04	2	0:01	3	0:29	6.00	26:55	4:29	2	0:25	4	10:50
Ilseburg/Markt	4.10	13:46	3:21	2	0:13	3	0:55	10.10	40:41	4:01	2	0:38	3	2:17