



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Danilo Reiche

Number: 1046

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 42:32

Speed: 14.11 km/h

Running performance: 4:12 min/km

Rank in course/Total: 5 (of 178)

Rank in course/Men: 5 (of 117)

Best time in course: 38:24

Rank in category: 3(of 13)

Best time in the category: 40:03

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	18:42	4:33	3	0:47	5	1:03	4.10	18:42	4:33	3	0:47	5	1:03
Control	0.90	4:45	5:16	3	0:20	6	1:39	5.00	23:27	4:41	3	1:01	6	20:21
Ilsestein	1.00	4:29	4:29	3	0:25	6	0:53	6.00	27:56	4:39	3	1:26	6	11:51
Ilseburg/Markt	4.10	14:36	3:33	3	1:03	5	1:45	10.10	42:32	4:12	3	2:29	5	4:08