



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Fabian Zeidler

Number: 717

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 47:11

Speed: 12.72 km/h

Running performance: 4:40 min/km

Rank in course/Total: 8 (of 178)

Rank in course/Men: 8 (of 117)

Best time in course: 38:24

Rank in category: 4(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.	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	21:04	5:08	4	3:09	8	3:25	4.10	21:04	5:08	4	3:09	8	3:25
Control	0.90	5:27	6:03	4	1:02	10	2:21	5.00	26:31	5:18	4	4:05	9	23:25
Ilsestein	1.00	4:39	4:39	4	0:35	8	1:03	6.00	31:10	5:11	4	4:40	9	15:05
Ilseburg/Markt	4.10	16:01	3:54	5	2:28	9	3:10	10.10	47:11	4:40	4	7:08	8	8:47