



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dennis Alexander Possiel

Number: 667

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 50:01

Speed: 12.00 km/h

Running performance: 4:57 min/km

Rank in course/Total: 16 (of 178)

Rank in course/Men: 14 (of 117)

Best time in course: 38:24

Rank in category: 5(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	23:57	5:50	6	6:02	20	6:18	4.10	23:57	5:50	6	6:02	20	6:18
Control	0.90	5:45	6:23	5	1:20	15	2:39	5.00	29:42	5:56	6	7:16	20	26:36
Ilsestein	1.00	4:50	4:49	5	0:46	9	1:14	6.00	34:32	5:45	6	8:02	19	18:27
Ilseburg/Markt	4.10	15:29	3:46	4	1:56	7	2:38	10.10	50:01	4:57	5	9:58	14	11:37