



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daniel Schlick

Number: 729

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 50:28

Speed: 11.89 km/h

Running performance: 4:59 min/km

Rank in course/Total: 18 (of 178)

Rank in course/Men: 16 (of 117)

Best time in course: 38:24

Rank in category: 6(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	22:59	5:36	5	5:04	17	5:20	4.10	22:59	5:36	5	5:04	17	5:20
Control	0.90	5:47	6:25	6	1:22	16	2:41	5.00	28:46	5:45	5	6:20	17	25:40
Ilsestein	1.00	5:19	5:18	6	1:15	19	1:43	6.00	34:05	5:40	5	7:35	17	18:00
Ilseburg/Markt	4.10	16:23	3:59	6	2:50	11	3:32	10.10	50:28	4:59	6	10:25	16	12:04