



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Felix Altenburg

Club: Männerhort
Number: 552

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 55:18

Speed: 10.85 km/h
Running performance: 5:28 min/km

Rank in course/Total: 36 (of 178)

Rank in course/Men: 31 (of 117)

Best time in course: 38:24

Rank in category: 7(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	24:46	6:02	7	6:51	28	7:07	4.10	24:46	6:02	7	6:51	28	7:07
Control	0.90	6:17	6:58	7	1:52	32	3:11	5.00	31:03	6:12	7	8:37	30	27:57
Ilsestein	1.00	5:42	5:42	7	1:38	36	2:06	6.00	36:45	6:07	7	10:15	31	20:40
Ilseburg/Markt	4.10	18:33	4:31	7	5:00	37	5:42	10.10	55:18	5:28	7	15:15	31	16:54