



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jonas Schmeddes

Number: 680

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 59:21

Speed: 10.11 km/h

Running performance: 5:52 min/km

Rank in course/Total: 54 (of 178)

Rank in course/Men: 47 (of 117)

Best time in course: 38:24

Rank in category: 9(of 13)

Best time in the category: 40:03

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	27:46	6:46	9	9:51	52	10:07	4.10	27:46	6:46	9	9:51	52	10:07
Control	0.90	6:27	7:10	9	2:02	38	3:21	5.00	34:13	6:50	9	11:47	50	31:07
Ilsestein	1.00	5:52	5:51	8	1:48	43	2:16	6.00	40:05	6:40	9	13:35	49	24:00
Ilseburg/Markt	4.10	19:16	4:41	8	5:43	46	6:25	10.10	59:21	5:52	9	19:18	47	20:57