



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Marcel Köppelmann

Number: 632

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 1:04:49

Speed: 9.26 km/h

Running performance: 6:25 min/km

Rank in course/Total: 88 (of 178)

Rank in course/Men: 72 (of 117)

Best time in course: 38:24

Rank in category: 10(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	28:47	7:01	10	10:52	62	11:08	4.10	28:47	7:01	10	10:52	62	11:08
Control	0.90	7:36	8:26	11	3:11	78	4:30	5.00	36:23	7:16	10	13:57	67	33:17
Ilsestein	1.00	6:09	6:09	10	2:05	59	2:33	6.00	42:32	7:05	10	16:02	64	26:27
Ilseburg/Markt	4.10	22:17	5:26	11	8:44	78	9:26	10.10	1:04:49	6:25	10	24:46	72	26:25