



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tom Jahnke-Düfert

Number: 615

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 1:06:01

Speed: 9.09 km/h
Running performance: 6:32 min/km

Rank in course/Total: 91 (of 178)

Rank in course/Men: 73 (of 117)

Best time in course: 38:24

Rank in category: 11(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	29:32	7:12	11	11:37	67	11:53	4.10	29:32	7:12	11	11:37	67	11:53
Control	0.90	7:19	8:07	10	2:54	72	4:13	5.00	36:51	7:22	11	14:25	69	33:45
Ilsestein	1.00	7:01	7:00	11	2:57	79	3:25	6.00	43:52	7:18	11	17:22	73	27:47
Ilseburg/Markt	4.10	22:09	5:24	10	8:36	76	9:18	10.10	1:06:01	6:32	11	25:58	73	27:37