



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Robert Kreuzig

Number: 1044

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 1:09:22

Speed: 8.65 km/h

Running performance: 6:52 min/km

Rank in course/Total: 109 (of 178)

Rank in course/Men: 82 (of 117)

Best time in course: 38:24

Rank in category: 12(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	30:07	7:20	12	12:12	73	12:28	4.10	30:07	7:20	12	12:12	73	12:28
Control	0.90	8:05	8:58	12	3:40	86	4:59	5.00	38:12	7:38	12	15:46	82	35:06
Ilsestein	1.00	7:45	7:45	13	3:41	99	4:09	6.00	45:57	7:39	12	19:27	82	29:52
Ilseburg/Markt	4.10	23:25	5:42	12	9:52	89	10:34	10.10	1:09:22	6:52	12	29:19	82	30:58