



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christopher Rüger

Club: Glindower Alpenläufer
Number: 677

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M30 (30-34) I

Total time: 1:14:48

Speed: 8.02 km/h
Running performance: 7:24 min/km

Rank in course/Total: 138 (of 178)

Rank in course/Men: 100 (of 117)

Best time in course: 38:24

Rank in category: 13(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	34:20	8:22	13	16:25	101	16:41	4.10	34:20	8:22	13	16:25	101	16:41
Control	0.90	8:26	9:22	13	4:01	96	5:20	5.00	42:46	8:33	13	20:20	102	39:40
Ilsestein	1.00	7:11	7:11	12	3:07	85	3:35	6.00	49:57	8:19	13	23:27	101	33:52
Ilseburg/Markt	4.10	24:51	6:03	13	11:18	98	12:00	10.10	1:14:48	7:24	13	34:45	100	36:24