



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Manuel Heuck

Number: 598

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M35 (35-39) I

Total time: 49:44

Speed: 12.06 km/h

Running performance: 4:55 min/km

Rank in course/Total: 13 (of 178)

Rank in course/Men: 11 (of 117)

Best time in course: 38:24

Rank in category: 1(of 11)

Best time in the category: 49:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	22:28	5:28	1	-	11	4:49	4.10	22:28	5:28	1	-	11	4:49
Control	0.90	5:51	6:29	2	0:24	19	2:45	5.00	28:19	5:39	2	0:19	15	25:13
Ilsestein	1.00	5:04	5:03	1	-	12	1:28	6.00	33:23	5:33	2	0:16	15	17:18
Ilseburg/Markt	4.10	16:21	3:59	1	-	10	3:30	10.10	49:44	4:55	1	-	11	11:20