



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christoph Arnold

Number: 31

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M35 (35-39) I

Total time: 49:58

Speed: 12.01 km/h

Running performance: 4:56 min/km

Rank in course/Total: 15 (of 178)

Rank in course/Men: 13 (of 117)

Best time in course: 38:24

Rank in category: 2(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	22:33	5:30	2	0:05	12	4:54	4.10	22:33	5:30	2	0:05	12	4:54
Control	0.90	5:27	6:03	1	-	10	2:21	5.00	28:00	5:35	1	-	12	24:54
Ilsestein	1.00	5:07	5:06	2	0:03	14	1:31	6.00	33:07	5:31	1	-	12	17:02
Ilseburg/Markt	4.10	16:51	4:06	2	0:30	15	4:00	10.10	49:58	4:56	2	0:14	13	11:34