



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Kusian

Number: 643

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M35 (35-39) I

Total time: 52:04

Speed: 11.52 km/h
Running performance: 5:09 min/km

Rank in course/Total: 21 (of 178)

Rank in course/Men: 19 (of 117)

Best time in course: 38:24

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:31	5:44	3	1:03	18	5:52	4.10	23:31	5:44	3	1:03	18	5:52
Control	0.90	6:04	6:44	4	0:37	25	2:58	5.00	29:35	5:54	3	1:35	19	26:29
Ilsestein	1.00	5:16	5:15	3	0:12	17	1:40	6.00	34:51	5:48	3	1:44	20	18:46
Ilseburg/Markt	4.10	17:13	4:11	3	0:52	18	4:22	10.10	52:04	5:09	3	2:20	19	13:40