



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Hannes Konstabel

Number: 631

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M35 (35-39) I

Total time: 53:19

Speed: 11.25 km/h

Running performance: 5:16 min/km

Rank in course/Total: 24 (of 178)

Rank in course/Men: 20 (of 117)

Best time in course: 38:24

Rank in category: 4(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	24:02	5:51	4	1:34	22	6:23	4.10	24:02	5:51	4	1:34	22	6:23
Control	0.90	5:58	6:37	3	0:31	23	2:52	5.00	30:00	6:00	4	2:00	23	26:54
Ilsestein	1.00	5:28	5:28	5	0:24	25	1:52	6.00	35:28	5:54	4	2:21	22	19:23
Ilseburg/Markt	4.10	17:51	4:21	4	1:30	25	5:00	10.10	53:19	5:16	4	3:35	20	14:55