



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Markus Scharun

Number: 718

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M35 (35-39) I

Total time: 55:04

Speed: 10.90 km/h

Running performance: 5:27 min/km

Rank in course/Total: 34 (of 178)

Rank in course/Men: 29 (of 117)

Best time in course: 38:24

Rank in category: 5(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	24:15	5:54	5	1:47	26	6:36	4.10	24:15	5:54	5	1:47	26	6:36
Control	0.90	6:04	6:44	4	0:37	25	2:58	5.00	30:19	6:03	5	2:19	26	27:13
Ilsestein	1.00	5:42	5:42	7	0:38	36	2:06	6.00	36:01	6:00	5	2:54	26	19:56
Ilseburg/Markt	4.10	19:03	4:38	7	2:42	43	6:12	10.10	55:04	5:27	5	5:20	29	16:40