



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frank Meyer

Number: 659

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M35 (35-39) I

Total time: 55:31

Speed: 10.81 km/h

Running performance: 5:29 min/km

Rank in course/Total: 37 (of 178)

Rank in course/Men: 32 (of 117)

Best time in course: 38:24

Rank in category: 6(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	25:45	6:16	6	3:17	37	8:06	4.10	25:45	6:16	6	3:17	37	8:06
Control	0.90	6:18	7:00	6	0:51	33	3:12	5.00	32:03	6:24	6	4:03	37	28:57
Ilsestein	1.00	5:26	5:26	4	0:22	24	1:50	6.00	37:29	6:14	6	4:22	35	21:24
Ilseburg/Markt	4.10	18:02	4:23	5	1:41	26	5:11	10.10	55:31	5:29	6	5:47	32	17:07