



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Thomas Doll

Number: 570

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M35 (35-39) I

Total time: 57:04

Speed: 10.51 km/h
Running performance: 5:39 min/km

Rank in course/Total: 43 (of 178)

Rank in course/Men: 38 (of 117)

Best time in course: 38:24

Rank in category: 7(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	25:48	6:17	7	3:20	39	8:09	4.10	25:48	6:17	7	3:20	39	8:09
Control	0.90	6:21	7:03	7	0:54	34	3:15	5.00	32:09	6:25	7	4:09	38	29:03
Ilsestein	1.00	5:38	5:38	6	0:34	32	2:02	6.00	37:47	6:17	7	4:40	37	21:42
Ilseburg/Markt	4.10	19:17	4:42	8	2:56	48	6:26	10.10	57:04	5:39	7	7:20	38	18:40