



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Christian Ulrich

Club: Boxsportzentrum Wernigerode  
Number: 699

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M35 (35-39) I

Total time: 59:32

Speed: 10.08 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 56 (of 178)

Rank in course/Men: 49 (of 117)

Best time in course: 38:24

Rank in category: 8(of 11)

Best time in the category: 49:44

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men				Cat.	Cat.		Men
Ilsestein	4.10	28:06	6:51	9	5:38	57	10:27	4.10	28:06	6:51	9	5:38	57	10:27
Control	0.90	7:06	7:53	10	1:39	65	4:00	5.00	35:12	7:02	9	7:12	59	32:06
Ilsestein	1.00	5:48	5:47	8	0:44	40	2:12	6.00	41:00	6:49	9	7:53	59	24:55
Ilseburg/Markt	4.10	18:32	4:31	6	2:11	35	5:41	10.10	59:32	5:53	8	9:48	49	21:08