



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Roberto Cuervo

Number: 537

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M40 (40-44) I

Total time: 50:55

Speed: 11.78 km/h

Running performance: 5:02 min/km

Rank in course/Total: 19 (of 178)

Rank in course/Men: 17 (of 117)

Best time in course: 38:24

Rank in category: 1(of 5)

Best time in the category: 50:55

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	22:46	5:33	1	-	16	5:07	4.10	22:46	5:33	1	-	16	5:07
Control	0.90	5:49	6:27	1	-	18	2:43	5.00	28:35	5:43	1	-	16	25:29
Ilsestein	1.00	5:06	5:05	1	-	13	1:30	6.00	33:41	5:36	1	-	16	17:36
Ilseburg/Markt	4.10	17:14	4:12	1	-	19	4:23	10.10	50:55	5:02	1	-	17	12:31