



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

René Karow

Number: 620

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M40 (40-44) I

Total time: 56:03

Speed: 10.70 km/h

Running performance: 5:32 min/km

Rank in course/Total: 39 (of 178)

Rank in course/Men: 34 (of 117)

Best time in course: 38:24

Rank in category: 2(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	25:04	6:06	2	2:18	30	7:25	4.10	25:04	6:06	2	2:18	30	7:25
Control	0.90	6:27	7:10	2	0:38	38	3:21	5.00	31:31	6:18	2	2:56	33	28:25
Ilsestein	1.00	5:39	5:39	3	0:33	34	2:03	6.00	37:10	6:11	2	3:29	33	21:05
Ilseburg/Markt	4.10	18:53	4:36	4	1:39	40	6:02	10.10	56:03	5:32	2	5:08	34	17:39