



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Oliver Koch

Club: Läufer-Team Oker e.V.
Number: 629

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M40 (40-44) I

Total time: 56:06

Speed: 10.70 km/h
Running performance: 5:33 min/km

Rank in course/Total: 40 (of 178)

Rank in course/Men: 35 (of 117)

Best time in course: 38:24

Rank in category: 3(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:27	6:27	3	3:41	42	8:48	4.10	26:27	6:27	3	3:41	42	8:48
Control	0.90	6:28	7:11	3	0:39	40	3:22	5.00	32:55	6:34	3	4:20	42	29:49
Ilsestein	1.00	5:30	5:30	2	0:24	27	1:54	6.00	38:25	6:24	3	4:44	41	22:20
Ilseburg/Markt	4.10	17:41	4:18	2	0:27	22	4:50	10.10	56:06	5:33	3	5:11	35	17:42