



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Roy Radünzel

Number: 669

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M40 (40-44) I

Total time: 58:05

Speed: 10.33 km/h

Running performance: 5:45 min/km

Rank in course/Total: 51 (of 178)

Rank in course/Men: 44 (of 117)

Best time in course: 38:24

Rank in category: 4(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	26:57	6:34	4	4:11	47	9:18	4.10	26:57	6:34	4	4:11	47	9:18
Control	0.90	6:33	7:16	4	0:44	42	3:27	5.00	33:30	6:42	4	4:55	47	30:24
Ilsestein	1.00	5:56	5:56	4	0:50	49	2:20	6.00	39:26	6:34	4	5:45	46	23:21
Ilseburg/Markt	4.10	18:39	4:32	3	1:25	38	5:48	10.10	58:05	5:45	4	7:10	44	19:41