



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Martin Wahnschaffe

Number: 707

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M40 (40-44) I

Total time: 1:13:09

Speed: 8.20 km/h
Running performance: 7:14 min/km

Rank in course/Total: 127 (of 178)

Rank in course/Men: 92 (of 117)

Best time in course: 38:24

Rank in category: 5(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	32:25	7:54	5	9:39	89	14:46	4.10	32:25	7:54	5	9:39	89	14:46
Control	0.90	8:27	9:23	5	2:38	97	5:21	5.00	40:52	8:10	5	12:17	92	37:46
Ilsestein	1.00	7:51	7:50	5	2:45	102	4:15	6.00	48:43	8:07	5	15:02	93	32:38
Ilseburg/Markt	4.10	24:26	5:57	5	7:12	94	11:35	10.10	1:13:09	7:14	5	22:14	92	34:45