



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jörg Lehmann

Club: Harz-Gebirgslauf Wernigerode
Number: 648

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 48:33

Speed: 12.36 km/h
Running performance: 4:48 min/km

Rank in course/Total: 10 (of 178)

Rank in course/Men: 9 (of 117)

Best time in course: 38:24

Rank in category: 2(of 12)

Best time in the category: 45:04

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	21:23	5:12	2	1:22	9	3:44	4.10	21:23	5:12	2	1:22	9	3:44
Control	0.90	5:23	5:58	2	0:22	9	2:17	5.00	26:46	5:21	2	1:44	10	23:40
Ilsestein	1.00	4:56	4:56	2	0:23	10	1:20	6.00	31:42	5:16	2	2:07	10	15:37
Ilseburg/Markt	4.10	16:51	4:06	2	1:22	15	4:00	10.10	48:33	4:48	2	3:29	9	10:09