



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Marcus Müller

Number: 662

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M45 (45-49) I

Total time: 54:21

Speed: 11.04 km/h

Running performance: 5:22 min/km

Rank in course/Total: 28 (of 178)

Rank in course/Men: 24 (of 117)

Best time in course: 38:24

Rank in category: 3(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	23:52	5:49	3	3:51	19	6:13	4.10	23:52	5:49	3	3:51	19	6:13
Control	0.90	5:51	6:29	3	0:50	19	2:45	5.00	29:43	5:56	3	4:41	21	26:37
Ilsestein	1.00	6:11	6:11	7	1:38	61	2:35	6.00	35:54	5:59	3	6:19	23	19:49
Ilseburg/Markt	4.10	18:27	4:30	4	2:58	32	5:36	10.10	54:21	5:22	3	9:17	24	15:57