



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

René Göthel

Number: 589

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 57:25

Speed: 10.45 km/h

Running performance: 5:41 min/km

Rank in course/Total: 47 (of 178)

Rank in course/Men: 41 (of 117)

Best time in course: 38:24

Rank in category: 4(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	25:09	6:08	4	5:08	32	7:30	4.10	25:09	6:08	4	5:08	32	7:30
Control	0.90	6:29	7:12	5	1:28	41	3:23	5.00	31:38	6:19	4	6:36	36	28:32
Ilsestein	1.00	6:08	6:08	5	1:35	57	2:32	6.00	37:46	6:17	4	8:11	36	21:41
Ilseburg/Markt	4.10	19:39	4:47	7	4:10	52	6:48	10.10	57:25	5:41	4	12:21	41	19:01