



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Marco Hofmann

Number: 604

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 57:49

Speed: 10.38 km/h
Running performance: 5:43 min/km

Rank in course/Total: 49 (of 178)

Rank in course/Men: 42 (of 117)

Best time in course: 38:24

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:41	6:30	5	6:40	43	9:02	4.10	26:41	6:30	5	6:40	43	9:02
Control	0.90	6:15	6:56	4	1:14	31	3:09	5.00	32:56	6:35	5	7:54	44	29:50
Ilsestein	1.00	5:53	5:53	3	1:20	45	2:17	6.00	38:49	6:28	5	9:14	44	22:44
Ilseburg/Markt	4.10	19:00	4:38	5	3:31	41	6:09	10.10	57:49	5:43	5	12:45	42	19:25