



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      |