



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Silvio Krosch

Number: 723

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 1:01:06

Speed: 9.82 km/h

Running performance: 6:02 min/km

Rank in course/Total: 65 (of 178)

Rank in course/Men: 55 (of 117)

Best time in course: 38:24

Rank in category: 6(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	29:10	7:06	7	9:09	64	11:31	4.10	29:10	7:06	7	9:09	64	11:31
Control	0.90	6:55	7:41	8	1:54	58	3:49	5.00	36:05	7:13	7	11:03	64	32:59
Ilsestein	1.00	5:53	5:53	3	1:20	45	2:17	6.00	41:58	6:59	6	12:23	62	25:53
Ilseburg/Markt	4.10	19:08	4:40	6	3:39	44	6:17	10.10	1:01:06	6:02	6	16:02	55	22:42