



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Nico Hübner

Club: Harz-Gebirgslauf Wernigerode  
Number: 614

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M45 (45-49) I

Total time: 1:01:23

Speed: 9.77 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 70 (of 178)

Rank in course/Men: 59 (of 117)

Best time in course: 38:24

Rank in category: 7(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	30:23	7:24	10	10:22	75	12:44	4.10	30:23	7:24	10	10:22	75	12:44
Control	0.90	6:36	7:19	6	1:35	44	3:30	5.00	36:59	7:23	10	11:57	70	33:53
Ilsestein	1.00	6:08	6:08	5	1:35	57	2:32	6.00	43:07	7:11	9	13:32	68	27:02
Ilseburg/Markt	4.10	18:16	4:27	3	2:47	27	5:25	10.10	1:01:23	6:04	7	16:19	59	22:59