



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Gabriel Recnik

Number: 672

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 1:02:49

Speed: 9.55 km/h

Running performance: 6:13 min/km

Rank in course/Total: 79 (of 178)

Rank in course/Men: 65 (of 117)

Best time in course: 38:24

Rank in category: 8(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	29:40	7:14	9	9:39	68	12:01	4.10	29:40	7:14	9	9:39	68	12:01
Control	0.90	6:56	7:42	9	1:55	59	3:50	5.00	36:36	7:19	9	11:34	68	33:30
Ilsestein	1.00	6:27	6:27	8	1:54	69	2:51	6.00	43:03	7:10	8	13:28	67	26:58
Ilseburg/Markt	4.10	19:46	4:49	8	4:17	53	6:55	10.10	1:02:49	6:13	8	17:45	65	24:25