



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Markus Golnik

Club: Lauffreunde Harz
Number: 587

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 1:03:58

Speed: 9.38 km/h
Running performance: 6:20 min/km

Rank in course/Total: 83 (of 178)

Rank in course/Men: 68 (of 117)

Best time in course: 38:24

Rank in category: 9(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	29:18	7:08	8	9:17	66	11:39	4.10	29:18	7:08	8	9:17	66	11:39
Control	0.90	6:48	7:33	7	1:47	53	3:42	5.00	36:06	7:13	8	11:04	65	33:00
Ilsestein	1.00	6:35	6:34	9	2:02	72	2:59	6.00	42:41	7:06	7	13:06	65	26:36
Ilseburg/Markt	4.10	21:17	5:11	10	5:48	72	8:26	10.10	1:03:58	6:20	9	18:54	68	25:34