



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Kremling

Number: 728

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 1:17:37

Speed: 7.73 km/h

Running performance: 7:41 min/km

Rank in course/Total: 149 (of 178)

Rank in course/Men: 104 (of 117)

Best time in course: 38:24

Rank in category: 12(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 | 34:30 | 8:24 | 12 | 14:29 | 103 | 16:51 | 4.10 | 34:30 | 8:24 | 12 | 14:29 | 103 | 16:51 |
| Control | 0.90 | 8:14 | 9:08 | 12 | 3:13 | 87 | 5:08 | 5.00 | 42:44 | 8:32 | 12 | 17:42 | 101 | 39:38 |
| Ilsestein | 1.00 | 7:49 | 7:48 | 12 | 3:16 | 101 | 4:13 | 6.00 | 50:33 | 8:25 | 12 | 20:58 | 104 | 34:28 |
| Ilseburg/Markt | 4.10 | 27:04 | 6:36 | 12 | 11:35 | 105 | 14:13 | 10.10 | 1:17:37 | 7:41 | 12 | 32:33 | 104 | 39:13 |