



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daniel Krahn

Number: 634

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M50 (50-54) I

Total time: 49:32

Speed: 12.11 km/h

Running performance: 4:54 min/km

Rank in course/Total: 12 (of 178)

Rank in course/Men: 10 (of 117)

Best time in course: 38:24

Rank in category: 1(of 11)

Best time in the category: 49:32

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	22:16	5:25	1	-	10	4:37	4.10	22:16	5:25	1	-	10	4:37
Control	0.90	5:30	6:06	1	-	12	2:24	5.00	27:46	5:33	1	-	11	24:40
Ilsestein	1.00	5:11	5:11	1	-	16	1:35	6.00	32:57	5:29	1	-	11	16:52
Ilseburg/Markt	4.10	16:35	4:02	1	-	12	3:44	10.10	49:32	4:54	1	-	10	11:08