



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Luis Risse

Number: 1036

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M50 (50-54) I

Total time: 58:34

Speed: 10.24 km/h

Running performance: 5:47 min/km

Rank in course/Total: 52 (of 178)

Rank in course/Men: 45 (of 117)

Best time in course: 38:24

Rank in category: 3(of 11)

Best time in the category: 49:32

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	26:43	6:30	3	4:27	45	9:04	4.10	26:43	6:30	3	4:27	45	9:04
Control	0.90	6:39	7:23	3	1:09	47	3:33	5.00	33:22	6:40	3	5:36	45	30:16
Ilsestein	1.00	6:03	6:02	4	0:52	55	2:27	6.00	39:25	6:34	3	6:28	45	23:20
Ilseburg/Markt	4.10	19:09	4:40	3	2:34	45	6:18	10.10	58:34	5:47	3	9:02	45	20:10