



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Pfeffer

Number: 1030

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M50 (50-54) I

Total time: 1:01:20

Speed: 9.78 km/h

Running performance: 6:04 min/km

Rank in course/Total: 69 (of 178)

Rank in course/Men: 58 (of 117)

Best time in course: 38:24

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	28:06	6:51	5	5:50	57	10:27	4.10	28:06	6:51	5	5:50	57	10:27
Control	0.90	6:47	7:32	4	1:17	51	3:41	5.00	34:53	6:58	5	7:07	57	31:47
Ilsestein	1.00	5:44	5:44	3	0:33	38	2:08	6.00	40:37	6:46	4	7:40	54	24:32
Ilseburg/Markt	4.10	20:43	5:03	5	4:08	63	7:52	10.10	1:01:20	6:04	5	11:48	58	22:56