



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Carsten Haßpecker

Number: 592

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M50 (50-54) I

Total time: 1:07:57

Speed: 8.83 km/h

Running performance: 6:43 min/km

Rank in course/Total: 100 (of 178)

Rank in course/Men: 77 (of 117)

Best time in course: 38:24

Rank in category: 6(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	30:36	7:27	6	8:20	79	12:57	4.10	30:36	7:27	6	8:20	79	12:57
Control	0.90	7:25	8:14	6	1:55	76	4:19	5.00	38:01	7:36	6	10:15	76	34:55
Ilsestein	1.00	7:18	7:17	8	2:07	90	3:42	6.00	45:19	7:33	6	12:22	80	29:14
Ilseburg/Markt	4.10	22:38	5:31	7	6:03	83	9:47	10.10	1:07:57	6:43	6	18:25	77	29:33