



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Ralf Bauer

Club: NIX tun kann JEDER  
Number: 556

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M50 (50-54) I

Total time: 1:13:40

Speed: 8.14 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 133 (of 178)

Rank in course/Men: 96 (of 117)

Best time in course: 38:24

Rank in category: 8(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	33:54	8:16	8	11:38	99	16:15	4.10	33:54	8:16	8	11:38	99	16:15
Control	0.90	9:14	10:15	11	3:44	108	6:08	5.00	43:08	8:37	9	15:22	104	40:02
Ilsestein	1.00	6:52	6:51	6	1:41	74	3:16	6.00	50:00	8:20	9	17:03	102	33:55
Ilseburg/Markt	4.10	23:40	5:46	8	7:05	91	10:49	10.10	1:13:40	7:17	8	24:08	96	35:16