



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sven Baier

Number: 1029

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M50 (50-54) I

Total time: 1:14:01

Speed: 8.11 km/h

Running performance: 7:19 min/km

Rank in course/Total: 134 (of 178)

Rank in course/Men: 97 (of 117)

Best time in course: 38:24

Rank in category: 9(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	33:55	8:16	9	11:39	100	16:16	4.10	33:55	8:16	9	11:39	100	16:16
Control	0.90	8:24	9:20	8	2:54	95	5:18	5.00	42:19	8:27	8	14:33	100	39:13
Ilsestein	1.00	7:22	7:21	9	2:11	92	3:46	6.00	49:41	8:16	8	16:44	100	33:36
Ilseburg/Markt	4.10	24:20	5:56	9	7:45	93	11:29	10.10	1:14:01	7:19	9	24:29	97	35:37