



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Frank Ebert-Herzog

Number: 100

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M50 (50-54) I

Total time: 1:16:30

Speed: 7.84 km/h

Running performance: 7:34 min/km

Rank in course/Total: 145 (of 178)

Rank in course/Men: 103 (of 117)

Best time in course: 38:24

Rank in category: 10(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	34:26	8:23	10	12:10	102	16:47	4.10	34:26	8:23	10	12:10	102	16:47
Control	0.90	8:44	9:42	9	3:14	104	5:38	5.00	43:10	8:37	10	15:24	105	40:04
Ilsestein	1.00	8:06	8:05	10	2:55	104	4:30	6.00	51:16	8:32	10	18:19	106	35:11
Ilseburg/Markt	4.10	25:14	6:09	10	8:39	102	12:23	10.10	1:16:30	7:34	10	26:58	103	38:06