



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Carsten Stöckel

Number: 693

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M50 (50-54) I

Total time: 1:20:14

Speed: 7.48 km/h
Running performance: 7:56 min/km

Rank in course/Total: 155 (of 178)

Rank in course/Men: 106 (of 117)

Best time in course: 38:24

Rank in category: 11(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	35:31	8:39	11	13:15	106	17:52	4.10	35:31	8:39	11	13:15	106	17:52
Control	0.90	8:46	9:44	10	3:16	105	5:40	5.00	44:17	8:51	11	16:31	107	41:11
Ilsestein	1.00	8:06	8:05	10	2:55	104	4:30	6.00	52:23	8:43	11	19:26	107	36:18
Ilseburg/Markt	4.10	27:51	6:47	11	11:16	109	15:00	10.10	1:20:14	7:56	11	30:42	106	41:50