



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Mario Braune

Number: 561

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 54:53

Speed: 10.93 km/h

Running performance: 5:26 min/km

Rank in course/Total: 32 (of 178)

Rank in course/Men: 28 (of 117)

Best time in course: 38:24

Rank in category: 2(of 14)

Best time in the category: 54:47

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	25:31	6:13	2	1:24	36	7:52	4.10	25:31	6:13	2	1:24	36	7:52
Control	0.90	6:02	6:42	1	-	24	2:56	5.00	31:33	6:18	2	1:15	35	28:27
Ilsestein	1.00	5:32	5:31	1	-	28	1:56	6.00	37:05	6:10	2	0:59	32	21:00
Ilseburg/Markt	4.10	17:48	4:20	1	-	24	4:57	10.10	54:53	5:26	2	0:06	28	16:29