



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Steffen Just

Number: 217

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 57:10

Speed: 10.50 km/h

Running performance: 5:39 min/km

Rank in course/Total: 45 (of 178)

Rank in course/Men: 39 (of 117)

Best time in course: 38:24

Rank in category: 3(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	26:22	6:25	3	2:15	41	8:43	4.10	26:22	6:25	3	2:15	41	8:43
Control	0.90	6:33	7:16	3	0:31	42	3:27	5.00	32:55	6:34	3	2:37	42	29:49
Ilsestein	1.00	5:53	5:53	5	0:21	45	2:17	6.00	38:48	6:27	3	2:42	43	22:43
Ilseburg/Markt	4.10	18:22	4:28	2	0:34	30	5:31	10.10	57:10	5:39	3	2:23	39	18:46