



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jens Horstmann

Number: 611

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 1:00:40

Speed: 9.89 km/h

Running performance: 6:00 min/km

Rank in course/Total: 62 (of 178)

Rank in course/Men: 53 (of 117)

Best time in course: 38:24

Rank in category: 4(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	27:27	6:41	5	3:20	49	9:48	4.10	27:27	6:41	5	3:20	49	9:48
Control	0.90	6:57	7:43	6	0:55	61	3:51	5.00	34:24	6:52	5	4:06	52	31:18
Ilsestein	1.00	6:21	6:20	8	0:49	66	2:45	6.00	40:45	6:47	7	4:39	58	24:40
Ilseburg/Markt	4.10	19:55	4:51	4	2:07	56	7:04	10.10	1:00:40	6:00	4	5:53	53	22:16