



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Freddy Müller

Club: hzmakler & friends
Number: 660

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 1:00:46

Speed: 9.87 km/h
Running performance: 6:00 min/km

Rank in course/Total: 63 (of 178)

Rank in course/Men: 54 (of 117)

Best time in course: 38:24

Rank in category: 5(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 | 27:45 | 6:46 | 6 | 3:38 | 51 | 10:06 | 4.10 | 27:45 | 6:46 | 6 | 3:38 | 51 | 10:06 |
| Control | 0.90 | 6:57 | 7:43 | 6 | 0:55 | 61 | 3:51 | 5.00 | 34:42 | 6:56 | 6 | 4:24 | 55 | 31:36 |
| Ilsestein | 1.00 | 5:52 | 5:51 | 4 | 0:20 | 43 | 2:16 | 6.00 | 40:34 | 6:45 | 5 | 4:28 | 53 | 24:29 |
| Ilseburg/Markt | 4.10 | 20:12 | 4:55 | 5 | 2:24 | 57 | 7:21 | 10.10 | 1:00:46 | 6:00 | 5 | 5:59 | 54 | 22:22 |