



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