



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Norbert Hagemeister

Number: 590

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 1:01:14

Speed: 9.80 km/h

Running performance: 6:03 min/km

Rank in course/Total: 66 (of 178)

Rank in course/Men: 56 (of 117)

Best time in course: 38:24

Rank in category: 6(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	26:42	6:30	4	2:35	44	9:03	4.10	26:42	6:30	4	2:35	44	9:03
Control	0.90	6:47	7:32	4	0:45	51	3:41	5.00	33:29	6:41	4	3:11	46	30:23
Ilsestein	1.00	5:59	5:59	6	0:27	50	2:23	6.00	39:28	6:34	4	3:22	48	23:23
Ilseburg/Markt	4.10	21:46	5:18	10	3:58	74	8:55	10.10	1:01:14	6:03	6	6:27	56	22:50