



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Mario Stagge

Number: 690

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M55 (55-59) I

Total time: 1:01:15

Speed: 9.80 km/h

Running performance: 6:03 min/km

Rank in course/Total: 67 (of 178)

Rank in course/Men: 57 (of 117)

Best time in course: 38:24

Rank in category: 7(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	27:58	6:49	7	3:51	56	10:19	4.10	27:58	6:49	7	3:51	56	10:19
Control	0.90	6:56	7:42	5	0:54	59	3:50	5.00	34:54	6:58	7	4:36	58	31:48
Ilsestein	1.00	5:45	5:45	2	0:13	39	2:09	6.00	40:39	6:46	6	4:33	56	24:34
Ilseburg/Markt	4.10	20:36	5:01	7	2:48	62	7:45	10.10	1:01:15	6:03	7	6:28	57	22:51