



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jens Rodegast

Number: 675

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 1:02:44

Speed: 9.56 km/h

Running performance: 6:12 min/km

Rank in course/Total: 78 (of 178)

Rank in course/Men: 64 (of 117)

Best time in course: 38:24

Rank in category: 8(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	28:38	6:59	8	4:31	61	10:59	4.10	28:38	6:59	8	4:31	61	10:59
Control	0.90	7:16	8:04	8	1:14	69	4:10	5.00	35:54	7:10	8	5:36	62	32:48
Ilsestein	1.00	6:02	6:01	7	0:30	53	2:26	6.00	41:56	6:59	8	5:50	61	25:51
Ilseburg/Markt	4.10	20:48	5:04	8	3:00	65	7:57	10.10	1:02:44	6:12	8	7:57	64	24:20