



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Knut Behling

Number: 1038

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 1:04:05

Speed: 9.36 km/h

Running performance: 6:20 min/km

Rank in course/Total: 84 (of 178)

Rank in course/Men: 69 (of 117)

Best time in course: 38:24

Rank in category: 9(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	29:59	7:18	9	5:52	70	12:20	4.10	29:59	7:18	9	5:52	70	12:20
Control	0.90	7:17	8:05	9	1:15	70	4:11	5.00	37:16	7:27	9	6:58	72	34:10
Ilsestein	1.00	6:30	6:30	9	0:58	70	2:54	6.00	43:46	7:17	9	7:40	72	27:41
Ilseburg/Markt	4.10	20:19	4:57	6	2:31	59	7:28	10.10	1:04:05	6:20	9	9:18	69	25:41