



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Torsten Baumbach

Number: 557

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 1:08:22

Speed: 8.78 km/h
Running performance: 6:46 min/km

Rank in course/Total: 103 (of 178)

Rank in course/Men: 79 (of 117)

Best time in course: 38:24

Rank in category: 10(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	30:11	7:21	10	6:04	74	12:32	4.10	30:11	7:21	10	6:04	74	12:32
Control	0.90	7:50	8:42	10	1:48	83	4:44	5.00	38:01	7:36	10	7:43	76	34:55
Ilsestein	1.00	7:11	7:11	11	1:39	85	3:35	6.00	45:12	7:32	10	9:06	78	29:07
Ilseburg/Markt	4.10	23:10	5:39	13	5:22	88	10:19	10.10	1:08:22	6:46	10	13:35	79	29:58