



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Brian Jensen

Number: 616

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M55 (55-59) I

Total time: 1:11:24

Speed: 8.40 km/h

Running performance: 7:04 min/km

Rank in course/Total: 118 (of 178)

Rank in course/Men: 88 (of 117)

Best time in course: 38:24

Rank in category: 13(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	32:39	7:57	12	8:32	93	15:00	4.10	32:39	7:57	12	8:32	93	15:00
Control	0.90	8:43	9:41	14	2:41	103	5:37	5.00	41:22	8:16	13	11:04	95	38:16
Ilsestein	1.00	7:29	7:29	13	1:57	93	3:53	6.00	48:51	8:08	13	12:45	96	32:46
Ilseburg/Markt	4.10	22:33	5:30	11	4:45	81	9:42	10.10	1:11:24	7:04	13	16:37	88	33:00