



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Lutz Döring

Number: 571

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M55 (55-59) I

Total time: 1:14:31

Speed: 8.05 km/h

Running performance: 7:22 min/km

Rank in course/Total: 137 (of 178)

Rank in course/Men: 99 (of 117)

Best time in course: 38:24

Rank in category: 14(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	32:40	7:58	13	8:33	94	15:01	4.10	32:40	7:58	13	8:33	94	15:01
Control	0.90	8:18	9:13	11	2:16	93	5:12	5.00	40:58	8:11	12	10:40	93	37:52
Ilsestein	1.00	7:47	7:46	14	2:15	100	4:11	6.00	48:45	8:07	12	12:39	94	32:40
Ilseburg/Markt	4.10	25:46	6:17	14	7:58	104	12:55	10.10	1:14:31	7:22	14	19:44	99	36:07