



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frank Leppla

Number: 650

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 49:57

Speed: 12.01 km/h

Running performance: 4:56 min/km

Rank in course/Total: 14 (of 178)

Rank in course/Men: 12 (of 117)

Best time in course: 38:24

Rank in category: 1(of 13)

Best time in the category: 49:57

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	22:44	5:32	1	-	15	5:05	4.10	22:44	5:32	1	-	15	5:05
Control	0.90	5:30	6:06	2	2:24	12	2:24	5.00	28:14	5:38	2	25:08	13	25:08
Ilsestein	1.00	5:07	5:06	1	-	14	1:31	6.00	33:21	5:33	2	17:16	14	17:16
Ilseburg/Markt	4.10	16:36	4:02	1	-	14	3:45	10.10	49:57	4:56	1	-	12	11:33