



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Carsten Völz

Number: 705

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:04:34

Speed: 9.29 km/h

Running performance: 6:23 min/km

Rank in course/Total: 87 (of 178)

Rank in course/Men: 71 (of 117)

Best time in course: 38:24

Rank in category: 3(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	30:48	7:30	3	8:04	81	13:09	4.10	30:48	7:30	3	8:04	81	13:09
Control	0.90	7:13	8:01	4	4:07	68	4:07	5.00	38:01	7:36	4	34:55	76	34:55
Ilsestein	1.00	6:14	6:14	2	1:07	62	2:38	6.00	44:15	7:22	4	28:10	74	28:10
Ilseburg/Markt	4.10	20:19	4:57	2	3:43	59	7:28	10.10	1:04:34	6:23	3	14:37	71	26:10