



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ralf Thater

Number: 443

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:11:36

Speed: 8.38 km/h

Running performance: 7:05 min/km

Rank in course/Total: 123 (of 178)

Rank in course/Men: 90 (of 117)

Best time in course: 38:24

Rank in category: 5(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	33:05	8:04	7	10:21	95	15:26	4.10	33:05	8:04	7	10:21	95	15:26
Control	0.90	8:30	9:26	9	5:24	100	5:24	5.00	41:35	8:18	8	38:29	96	38:29
Ilsestein	1.00	7:38	7:38	8	2:31	95	4:02	6.00	49:13	8:12	8	33:08	97	33:08
Ilseburg/Markt	4.10	22:23	5:27	4	5:47	79	9:32	10.10	1:11:36	7:05	5	21:39	90	33:12