



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rainer Müller

Number: 663

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:11:40

Speed: 8.37 km/h

Running performance: 7:05 min/km

Rank in course/Total: 125 (of 178)

Rank in course/Men: 91 (of 117)

Best time in course: 38:24

Rank in category: 6(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	32:15	7:51	5	9:31	87	14:36	4.10	32:15	7:51	5	9:31	87	14:36
Control	0.90	7:23	8:12	5	4:17	75	4:17	5.00	39:38	7:55	5	36:32	86	36:32
Ilsestein	1.00	6:54	6:54	4	1:47	75	3:18	6.00	46:32	7:45	5	30:27	83	30:27
Ilseburg/Markt	4.10	25:08	6:07	10	8:32	100	12:17	10.10	1:11:40	7:05	6	21:43	91	33:16