



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dirk Aulich

Club: Brockenlaufverein
Number: 553

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:14:16

Speed: 8.08 km/h
Running performance: 7:21 min/km

Rank in course/Total: 136 (of 178)

Rank in course/Men: 98 (of 117)

Best time in course: 38:24

Rank in category: 8(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.	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	31:45	7:44	4	9:01	86	14:06	4.10	31:45	7:44	4	9:01	86	14:06
Control	0.90	9:24	10:26	13	6:18	109	6:18	5.00	41:09	8:13	7	38:03	94	38:03
Ilsestein	1.00	7:38	7:38	8	2:31	95	4:02	6.00	48:47	8:07	7	32:42	95	32:42
Ilseburg/Markt	4.10	25:29	6:12	11	8:53	103	12:38	10.10	1:14:16	7:21	8	24:19	98	35:52