



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Peter Roth

Number: 676

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:14:52

Speed: 8.01 km/h
Running performance: 7:24 min/km

Rank in course/Total: 139 (of 178)

Rank in course/Men: 101 (of 117)

Best time in course: 38:24

Rank in category: 9(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	34:44	8:28	9	12:00	104	17:05	4.10	34:44	8:28	9	12:00	104	17:05
Control	0.90	8:17	9:12	8	5:11	92	5:11	5.00	43:01	8:36	10	39:55	103	39:55
Ilsestein	1.00	7:14	7:14	6	2:07	88	3:38	6.00	50:15	8:22	10	34:10	103	34:10
Ilseburg/Markt	4.10	24:37	6:00	8	8:01	97	11:46	10.10	1:14:52	7:24	9	24:55	101	36:28