



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frank Hillmer

Club: Mühlholzer
Number: 197

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:15:36

Speed: 7.94 km/h
Running performance: 7:29 min/km

Rank in course/Total: 143 (of 178)

Rank in course/Men: 102 (of 117)

Best time in course: 38:24

Rank in category: 10(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	35:15	8:35	10	12:31	105	17:36	4.10	35:15	8:35	10	12:31	105	17:36
Control	0.90	8:16	9:11	6	5:10	88	5:10	5.00	43:31	8:42	11	40:25	106	40:25
Ilsestein	1.00	7:03	7:02	5	1:56	80	3:27	6.00	50:34	8:25	11	34:29	105	34:29
Ilseburg/Markt	4.10	25:02	6:06	9	8:26	99	12:11	10.10	1:15:36	7:29	10	25:39	102	37:12