



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rainer Fritsche

Number: 579

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:18:00

Speed: 7.69 km/h

Running performance: 7:43 min/km

Rank in course/Total: 151 (of 178)

Rank in course/Men: 105 (of 117)

Best time in course: 38:24

Rank in category: 11(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	36:08	8:48	12	13:24	108	18:29	4.10	36:08	8:48	12	13:24	108	18:29
Control	0.90	9:01	10:01	11	5:55	106	5:55	5.00	45:09	9:01	13	42:03	109	42:03
Ilsestein	1.00	8:20	8:20	12	3:13	107	4:44	6.00	53:29	8:54	13	37:24	109	37:24
Ilseburg/Markt	4.10	24:31	5:58	7	7:55	96	11:40	10.10	1:18:00	7:43	11	28:03	105	39:36