



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Achim Doll

Number: 569

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M60 (60-64) I

Total time: 1:20:18

Speed: 7.47 km/h
Running performance: 7:57 min/km

Rank in course/Total: 157 (of 178)

Rank in course/Men: 107 (of 117)

Best time in course: 38:24

Rank in category: 12(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 | 35:47 | 8:43 | 11 | 13:03 | 107 | 18:08 | 4.10 | 35:47 | 8:43 | 11 | 13:03 | 107 | 18:08 |
| Control | 0.90 | 9:07 | 10:07 | 12 | 6:01 | 107 | 6:01 | 5.00 | 44:54 | 8:58 | 12 | 41:48 | 108 | 41:48 |
| Ilsestein | 1.00 | 8:17 | 8:16 | 11 | 3:10 | 106 | 4:41 | 6.00 | 53:11 | 8:51 | 12 | 37:06 | 108 | 37:06 |
| Ilseburg/Markt | 4.10 | 27:07 | 6:36 | 12 | 10:31 | 106 | 14:16 | 10.10 | 1:20:18 | 7:57 | 12 | 30:21 | 107 | 41:54 |