



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Lorenz Bruns

Number: 720

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M65 (65-69) I

Total time: 1:02:52

Speed: 9.54 km/h

Running performance: 6:13 min/km

Rank in course/Total: 80 (of 178)

Rank in course/Men: 66 (of 117)

Best time in course: 38:24

Rank in category: 1(of 5)

Best time in the category: 1:02:52

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|----------------|-------|-------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Ilsestein | 4.10 | 29:06 | 7:05 | 1 | - | 63 | 11:27 | 4.10 | 29:06 | 7:05 | 1 | - | 63 | 11:27 |
| Control | 0.90 | 6:45 | 7:30 | 1 | - | 50 | 3:39 | 5.00 | 35:51 | 7:10 | 1 | - | 61 | 32:45 |
| Ilsestein | 1.00 | 6:18 | 6:17 | 1 | - | 64 | 2:42 | 6.00 | 42:09 | 7:01 | 1 | - | 63 | 26:04 |
| Ilseburg/Markt | 4.10 | 20:43 | 5:03 | 1 | - | 63 | 7:52 | 10.10 | 1:02:52 | 6:13 | 1 | - | 66 | 24:28 |