



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 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	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