



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Hans-Jürgen Krems

Number: 637

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M65 (65-69) I

Total time: 1:13:09

Speed: 8.20 km/h

Running performance: 7:14 min/km

Rank in course/Total: 128 (of 178)

Rank in course/Men: 92 (of 117)

Best time in course: 38:24

Rank in category: 2(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	32:35	7:56	4	3:29	92	14:56	4.10	32:35	7:56	4	3:29	92	14:56
Control	0.90	8:16	9:11	3	1:31	88	5:10	5.00	40:51	8:10	4	5:00	91	37:45
Ilsestein	1.00	7:51	7:50	3	1:33	102	4:15	6.00	48:42	8:07	4	6:33	92	32:37
Ilseburg/Markt	4.10	24:27	5:57	2	3:44	95	11:36	10.10	1:13:09	7:14	2	10:17	92	34:45