



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Norbert Haucke

Number: 593

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M65 (65-69) I

Total time: 1:13:38

Speed: 8.15 km/h
Running performance: 7:17 min/km

Rank in course/Total: 132 (of 178)

Rank in course/Men: 95 (of 117)

Best time in course: 38:24

Rank in category: 3(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	32:29	7:55	3	3:23	90	14:50	4.10	32:29	7:55	3	3:23	90	14:50
Control	0.90	8:16	9:11	3	1:31	88	5:10	5.00	40:45	8:09	3	4:54	89	37:39
Ilsestein	1.00	7:42	7:42	2	1:24	98	4:06	6.00	48:27	8:04	3	6:18	89	32:22
Ilseburg/Markt	4.10	25:11	6:08	3	4:28	101	12:20	10.10	1:13:38	7:17	3	10:46	95	35:14