



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Klaus Rathke

Number: 671

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M65 (65-69) I

Total time: 1:22:59

Speed: 7.23 km/h

Running performance: 8:12 min/km

Rank in course/Total: 160 (of 178)

Rank in course/Men: 109 (of 117)

Best time in course: 38:24

Rank in category: 4(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 | 29:59 | 7:18 | 2 | 0:53 | 70 | 12:20 | 4.10 | 29:59 | 7:18 | 2 | 0:53 | 70 | 12:20 |
| Control | 0.90 | 7:41 | 8:32 | 2 | 0:56 | 80 | 4:35 | 5.00 | 37:40 | 7:31 | 2 | 1:49 | 74 | 34:34 |
| Ilsestein | 1.00 | 9:56 | 9:56 | 4 | 3:38 | 112 | 6:20 | 6.00 | 47:36 | 7:56 | 2 | 5:27 | 88 | 31:31 |
| Ilseburg/Markt | 4.10 | 35:23 | 8:37 | 4 | 14:40 | 112 | 22:32 | 10.10 | 1:22:59 | 8:12 | 4 | 20:07 | 109 | 44:35 |