



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jürgen Kellert

Number: 622

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M70 (70-74) I

Total time: 1:06:29

Speed: 9.02 km/h

Running performance: 6:34 min/km

Rank in course/Total: 95 (of 178)

Rank in course/Men: 75 (of 117)

Best time in course: 38:24

Rank in category: 1(of 3)

Best time in the category: 1:06:29

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	30:45	7:30	1	-	80	13:06	4.10	30:45	7:30	1	-	80	13:06
Control	0.90	7:17	8:05	1	-	70	4:11	5.00	38:02	7:36	1	-	79	34:56
Ilsestein	1.00	6:30	6:30	1	-	70	2:54	6.00	44:32	7:25	1	-	75	28:27
Ilseburg/Markt	4.10	21:57	5:21	1	-	75	9:06	10.10	1:06:29	6:34	1	-	75	28:05