



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Eckard Kettenbeil

Number: 1043

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M70 (70-74) I

Total time: 1:09:44

Speed: 8.60 km/h

Running performance: 6:54 min/km

Rank in course/Total: 113 (of 178)

Rank in course/Men: 86 (of 117)

Best time in course: 38:24

Rank in category: 2(of 3)

Best time in the category: 1:06:29

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men				km	Time	min/km	Cat.
Ilsestein	4.10	31:38	7:42	2	0:53	85	13:59	4.10	31:38	7:42	2	0:53	85	13:59
Control	0.90	8:01	8:54	2	0:44	84	4:55	5.00	39:39	7:55	2	1:37	87	36:33
Ilsestein	1.00	7:05	7:04	2	0:35	81	3:29	6.00	46:44	7:47	2	2:12	85	30:39
Ilseburg/Markt	4.10	23:00	5:36	2	1:03	86	10:09	10.10	1:09:44	6:54	2	3:15	86	31:20