



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jürgen Weniger

Number: 711

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M70 (70-74) I

Total time: 1:25:51

Speed: 6.99 km/h

Running performance: 8:30 min/km

Rank in course/Total: 166 (of 178)

Rank in course/Men: 111 (of 117)

Best time in course: 38:24

Rank in category: 3(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	37:19	9:06	3	6:34	110	19:40	4.10	37:19	9:06	3	6:34	110	19:40
Control	0.90	9:57	11:03	3	2:40	112	6:51	5.00	47:16	9:27	3	9:14	111	44:10
Ilsestein	1.00	8:55	8:54	3	2:25	109	5:19	6.00	56:11	9:21	3	11:39	111	40:06
Ilseburg/Markt	4.10	29:40	7:14	3	7:43	110	16:49	10.10	1:25:51	8:30	3	19:22	111	47:27