



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dieter Engelmann

Number: 575

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M75 (75+) I

Total time: 1:22:41

Speed: 7.26 km/h

Running performance: 8:11 min/km

Rank in course/Total: 159 (of 178)

Rank in course/Men: 108 (of 117)

Best time in course: 38:24

Rank in category: 1(of 5)

Best time in the category: 1:22:41

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	36:54	9:00	1	-	109	19:15	4.10	36:54	9:00	1	-	109	19:15
Control	0.90	9:30	10:33	1	-	110	6:24	5.00	46:24	9:16	1	-	110	43:18
Ilsestein	1.00	8:50	8:50	1	-	108	5:14	6.00	55:14	9:12	1	-	110	39:09
Ilseburg/Markt	4.10	27:27	6:41	1	-	108	14:36	10.10	1:22:41	8:11	1	-	108	44:17