



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Bernd Schulz

Number: 687

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M75 (75+) I

Total time: 1:58:19

Speed: 5.07 km/h

Running performance: 11:42 min/km

Rank in course/Total: 176 (of 178)

Rank in course/Men: 116 (of 117)

Best time in course: 38:24

Rank in category: 5(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	53:27	13:02	5	16:33	116	35:48	4.10	53:27	13:02	5	16:33	116	35:48
Control	0.90	14:07	15:41	5	4:37	117	11:01	5.00	1:07:34	13:30	5	21:10	117	1:04:28
Ilsestein	1.00	10:45	10:45	3	1:55	113	7:09	6.00	1:18:19	13:03	5	23:05	117	1:02:14
Ilseburg/Markt	4.10	40:00	9:45	4	12:33	115	27:09	10.10	1:58:19	11:42	5	35:38	116	1:19:55