



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Henner Spittau

Club: Team SP
Number: 688

Course: 10.10 km
10,1 km - Wanderung

Category:
Männer K

Total time: 1:37:24

Speed: 6.16 km/h
Running performance: 9:38 min/km

Rank in course/Total: 11 (of 57)

Rank in course/Men: 7 (of 25)

Best time in course: 1:19:05

Rank in category: 7(of 25)

Best time in the category: 1:19:05

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	43:21	10:34	10	9:30	10	9:30	4.10	43:21	10:34	10	9:30	10	9:30
Control	0.90	8:46	9:44	4	0:57	4	0:57	5.00	52:07	10:25	7	10:26	7	10:26
Ilsestein	1.00	9:15	9:15	7	1:26	7	1:26	6.00	1:01:22	10:13	7	11:52	7	11:52
Ilseburg/Markt	4.10	36:02	8:47	7	6:27	7	6:27	10.10	1:37:24	9:38	7	18:19	7	18:19