



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Tido Ihnen

Club: Team SP  
Number: 745

Course: 10.10 km  
10,1 km - Wanderung

Category:  
Männer K

Total time: 1:37:25

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

Rank in course/Total: 12 (of 57)

Rank in course/Men: 8 (of 25)

Best time in course: 1:19:05

Rank in category: 8(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.	Cat.	Men	Men
Ilsestein	4.10	43:20	10:34	9	9:29	9	9:29	4.10	43:20	10:34	9	9:29	9	9:29
Control	0.90	8:48	9:46	5	0:59	5	0:59	5.00	52:08	10:25	8	10:27	8	10:27
Ilsestein	1.00	9:15	9:15	7	1:26	7	1:26	6.00	1:01:23	10:13	8	11:53	8	11:53
Ilseburg/Markt	4.10	36:02	8:47	7	6:27	7	6:27	10.10	1:37:25	9:38	8	18:20	8	18:20