



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Erik Bruer

Club: Sportinstitut TU Clausthal  
Number: 64

Course: 24.90 km  
24,9 km - Lauf

Category:  
Männer (20-29) B

Total time: 2:10:08

Speed: 11.07 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 61 (of 433)

Rank in course/Men: 53 (of 351)

Best time in course: 1:34:20

Rank in category: 5(of 32)

Best time in the category: 1:40:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
Ilsestein	4.10	20:38	5:01	3	27	2:41	4:02	4.10	20:38	5:01	3	27	2:41	4:02	3	27	4:02
Plessenburg	2.40	11:48	4:55	5	35	1:58	2:39	6.50	32:26	4:59	3	30	4:39	6:41	3	30	6:41
Oehrenfeld	3.40	13:04	3:50	3	23	1:17	2:09	9.90	45:30	4:35	3	26	5:56	8:50	3	26	8:50
Ilsestein	4.80	27:22	5:42	6	52	5:56	17:31	14.70	1:12:52	4:57	3	36	11:52	16:17	3	36	16:17
Plessenburg	2.30	15:38	6:47	19	130	5:22	6:00	17.00	1:28:30	5:12	5	44	17:14	22:17	5	44	22:17
Oehrenfeld	3.40	16:39	4:53	13	116	4:35	5:18	20.40	1:45:09	5:09	5	48	21:49	27:35	5	48	27:35
Ilseburg/Markt	4.50	24:59	5:33	14	121	7:36	8:13	24.90	2:10:08	5:13	5	53	29:25	35:48	5	53	35:48