



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Ricco Borsdorf

Number: 52

Course: 24.90 km  
24,9 km - Lauf

Category:  
Männer (20-29) B

Total time: 3:44:52

Speed: 6.40 km/h  
Running performance: 9:01 min/km

Rank in course/Total: 422 (of 433)

Rank in course/Men: 343 (of 351)

Best time in course: 1:34:20

Rank in category: 32(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 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	34:38	8:26	31	16:41	333	18:02	4.10	34:38	8:26	31	16:41	333	18:02
Plessenburg	2.40	18:19	7:37	31	8:29	318	9:10	6.50	52:57	8:08	31	25:10	326	27:12
Oehrenfeld	3.40	23:44	6:58	32	11:57	348	12:49	9.90	1:16:41	7:44	31	37:07	341	40:01
Ilsestein	4.80	42:59	8:57	32	21:33	332	33:08	14.70	1:59:40	8:08	32	58:40	341	1:03:05
Plessenburg	2.30	24:01	10:26	32	13:45	336	14:23	17.00	2:23:41	8:27	32	1:12:25	338	1:17:28
Oehrenfeld	3.40	35:12	10:21	32	23:08	347	23:51	20.40	2:58:53	8:46	32	1:35:33	342	1:41:19
Ilseburg/Markt	4.50	45:59	10:13	32	28:36	342	29:13	24.90	3:44:52	9:01	32	2:04:09	343	2:10:32