



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tobias Stelter

Number: 422

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 1:48:40

Speed: 13.25 km/h

Running performance: 4:21 min/km

Rank in course/Total: 10 (of 433)

Rank in course/Men: 10 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 25)

Best time in the category: 1:34:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	18:38	4:32	2	2:02	7	2:02	4.10	18:38	4:32	2	2:02	7	2:02
Plessenburg	2.40	10:11	4:14	2	1:02	8	1:02	6.50	28:49	4:26	2	3:04	7	3:04
Oehrenfeld	3.40	12:08	3:34	2	1:13	10	1:13	9.90	40:57	4:08	2	4:17	8	4:17
Ilsestein	4.80	23:05	4:48	3	13:14	9	13:14	14.70	1:04:02	4:21	3	7:27	9	7:27
Plessenburg	2.30	11:25	4:57	2	1:47	10	1:47	17.00	1:15:27	4:26	2	9:14	8	9:14
Oehrenfeld	3.40	13:23	3:56	3	2:02	18	2:02	20.40	1:28:50	4:21	2	11:16	9	11:16
Ilseburg/Markt	4.50	19:50	4:24	2	3:04	13	3:04	24.90	1:48:40	4:21	2	14:20	10	14:20