



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Nico Spierling

Number: 416

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M30 (30-34) B

Total time: 2:05:23

Speed: 11.48 km/h

Running performance: 5:02 min/km

Rank in course/Total: 41 (of 433)

Rank in course/Men: 37 (of 351)

Best time in course: 1:34:20

Rank in category: 5(of 25)

Best time in the category: 1:34:20

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	21:42	5:17	6	5:06	40	5:06	4.10	21:42	5:17	6	5:06	40	5:06
Plessenburg	2.40	11:54	4:57	6	2:45	39	2:45	6.50	33:36	5:10	6	7:51	41	7:51
Oehrenfeld	3.40	14:17	4:12	8	3:22	56	3:22	9.90	47:53	4:50	6	11:13	41	11:13
Ilsestein	4.80	26:07	5:26	6	16:16	34	16:16	14.70	1:14:00	5:02	7	17:25	39	17:25
Plessenburg	2.30	13:39	5:56	6	4:01	54	4:01	17.00	1:27:39	5:09	6	21:26	40	21:26
Oehrenfeld	3.40	15:29	4:33	8	4:08	63	4:08	20.40	1:43:08	5:03	5	25:34	42	25:34
Ilseburg/Markt	4.50	22:15	4:56	6	5:29	41	5:29	24.90	2:05:23	5:02	5	31:03	37	31:03