



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dominic Fehse

Club: Brockenlaufverein
Number: 116

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:08:01

Speed: 11.25 km/h
Running performance: 5:08 min/km

Rank in course/Total: 53 (of 433)

Rank in course/Men: 48 (of 351)

Best time in course: 1:34:20

Rank in category: 6(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	20:10	4:55	4	3:34	20	3:34	4.10	20:10	4:55	4	3:34	20	3:34
Plessenburg	2.40	11:21	4:43	5	2:12	23	2:12	6.50	31:31	4:50	5	5:46	21	5:46
Oehrenfeld	3.40	14:11	4:10	7	3:16	53	3:16	9.90	45:42	4:36	5	9:02	27	9:02
Ilsestein	4.80	28:06	5:51	8	18:15	64	18:15	14.70	1:13:48	5:01	6	17:13	38	17:13
Plessenburg	2.30	13:17	5:46	5	3:39	40	3:39	17.00	1:27:05	5:07	5	20:52	37	20:52
Oehrenfeld	3.40	16:06	4:44	12	4:45	95	4:45	20.40	1:43:11	5:03	6	25:37	43	25:37
Ilseburg/Markt	4.50	24:50	5:31	13	8:04	116	8:04	24.90	2:08:01	5:08	6	33:41	48	33:41