



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Max Bressel

Club: Harzer Wölfe
Number: 59

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:13:18

Speed: 10.80 km/h
Running performance: 5:21 min/km

Rank in course/Total: 79 (of 433)

Rank in course/Men: 68 (of 351)

Best time in course: 1:34:20

Rank in category: 10(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	24:02	5:51	8	7:26	80	7:26	4.10	24:02	5:51	8	7:26	80	7:26
Plessenburg	2.40	12:36	5:15	7	3:27	63	3:27	6.50	36:38	5:38	8	10:53	73	10:53
Oehrenfeld	3.40	13:57	4:06	6	3:02	41	3:02	9.90	50:35	5:06	8	13:55	65	13:55
Ilsestein	4.80	29:19	6:06	11	19:28	86	19:28	14.70	1:19:54	5:26	10	23:19	74	23:19
Plessenburg	2.30	14:51	6:27	12	5:13	93	5:13	17.00	1:34:45	5:34	9	28:32	74	28:32
Oehrenfeld	3.40	15:29	4:33	8	4:08	63	4:08	20.40	1:50:14	5:24	9	32:40	74	32:40
Ilseburg/Markt	4.50	23:04	5:07	8	6:18	59	6:18	24.90	2:13:18	5:21	10	38:58	68	38:58