



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Fridolin String

Number: 430

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M30 (30-34) B

Total time: 2:28:30

Speed: 9.70 km/h

Running performance: 5:57 min/km

Rank in course/Total: 160 (of 433)

Rank in course/Men: 143 (of 351)

Best time in course: 1:34:20

Rank in category: 14(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	25:14	6:09	11	8:38	113	8:38	4.10	25:14	6:09	11	8:38	113	8:38
Plessenburg	2.40	14:08	5:53	11	4:59	136	4:59	6.50	39:22	6:03	11	13:37	124	13:37
Oehrenfeld	3.40	17:29	5:08	19	6:34	210	6:34	9.90	56:51	5:44	12	20:11	140	20:11
Ilsestein	4.80	30:49	6:25	14	20:58	131	20:58	14.70	1:27:40	5:57	13	31:05	136	31:05
Plessenburg	2.30	15:23	6:41	14	5:45	119	5:45	17.00	1:43:03	6:03	13	36:50	133	36:50
Oehrenfeld	3.40	18:15	5:22	17	6:54	201	6:54	20.40	2:01:18	5:56	14	43:44	139	43:44
Ilseburg/Markt	4.50	27:12	6:02	16	10:26	175	10:26	24.90	2:28:30	5:57	14	54:10	143	54:10