



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Timothy Emch

Number: 108

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M30 (30-34) B

Total time: 2:41:23

Speed: 8.92 km/h

Running performance: 6:28 min/km

Rank in course/Total: 245 (of 433)

Rank in course/Men: 218 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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	28:43	7:00	18	12:07	236	12:07	4.10	28:43	7:00	18	12:07	236	12:07
Plessenburg	2.40	15:23	6:24	17	6:14	207	6:14	6.50	44:06	6:47	18	18:21	227	18:21
Oehrenfeld	3.40	17:19	5:05	18	6:24	194	6:24	9.90	1:01:25	6:12	19	24:45	222	24:45
Ilsestein	4.80	33:09	6:54	19	23:18	188	23:18	14.70	1:34:34	6:25	19	37:59	207	37:59
Plessenburg	2.30	17:03	7:24	17	7:25	199	7:25	17.00	1:51:37	6:33	18	45:24	206	45:24
Oehrenfeld	3.40	19:54	5:51	21	8:33	251	8:33	20.40	2:11:31	6:26	18	53:57	211	53:57
Ilseburg/Markt	4.50	29:52	6:38	18	13:06	243	13:06	24.90	2:41:23	6:28	19	1:07:03	218	1:07:03