



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Dominik Lange

Number: 265

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M30 (30-34) B

Total time: 2:44:26

Speed: 8.76 km/h

Running performance: 6:36 min/km

Rank in course/Total: 270 (of 433)

Rank in course/Men: 236 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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	28:06	6:51	15	11:30	214	11:30	4.10	28:06	6:51	15	11:30	214	11:30
Plessenburg	2.40	15:49	6:35	20	6:40	232	6:40	6.50	43:55	6:45	16	18:10	218	18:10
Oehrenfeld	3.40	17:16	5:04	17	6:21	191	6:21	9.90	1:01:11	6:10	17	24:31	216	24:31
Ilsestein	4.80	36:25	7:35	23	26:34	262	26:34	14.70	1:37:36	6:38	21	41:01	230	41:01
Plessenburg	2.30	17:46	7:43	21	8:08	239	8:08	17.00	1:55:22	6:47	21	49:09	231	49:09
Oehrenfeld	3.40	18:52	5:32	18	7:31	216	7:31	20.40	2:14:14	6:34	21	56:40	233	56:40
Ilseburg/Markt	4.50	30:12	6:42	20	13:26	250	13:26	24.90	2:44:26	6:36	21	1:10:06	236	1:10:06