



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Robert Simmert

Number: 410

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:59:14

Speed: 8.03 km/h

Running performance: 7:11 min/km

Rank in course/Total: 339 (of 433)

Rank in course/Men: 286 (of 351)

Best time in course: 1:34:20

Rank in category: 23(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		Behind		Total			Pos		Behind	
				Cat.	Men	Men	Men	km	Time	min/km	Cat.	Men	Men	
Ilsestein	4.10	30:15	7:22	22	13:39	277	13:39	4.10	30:15	7:22	22	13:39	277	13:39
Plessenburg	2.40	17:11	7:09	23	8:02	290	8:02	6.50	47:26	7:17	22	21:41	280	21:41
Oehrenfeld	3.40	18:10	5:20	21	7:15	242	7:15	9.90	1:05:36	6:37	22	28:56	273	28:56
Ilsestein	4.80	39:08	8:09	24	29:17	292	29:17	14.70	1:44:44	7:07	23	48:09	283	48:09
Plessenburg	2.30	20:00	8:41	23	10:22	291	10:22	17.00	2:04:44	7:20	23	58:31	282	58:31
Oehrenfeld	3.40	21:22	6:17	23	10:01	291	10:01	20.40	2:26:06	7:09	23	1:08:32	284	1:08:32
Ilseburg/Markt	4.50	33:08	7:21	23	16:22	290	16:22	24.90	2:59:14	7:11	23	1:24:54	286	1:24:54