



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Florian Baum

Number: 39

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 3:43:59

Speed: 6.43 km/h
Running performance: 8:59 min/km

Rank in course/Total: 421 (of 433)

Rank in course/Men: 342 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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 | 36:38 | 8:56 | 24 | 20:02 | 342 | 20:02 | 4.10 | 36:38 | 8:56 | 24 | 20:02 | 342 | 20:02 |
| Plessenburg | 2.40 | 19:55 | 8:17 | 24 | 10:46 | 339 | 10:46 | 6.50 | 56:33 | 8:41 | 24 | 30:48 | 344 | 30:48 |
| Oehrenfeld | 3.40 | 21:49 | 6:25 | 24 | 10:54 | 336 | 10:54 | 9.90 | 1:18:22 | 7:54 | 24 | 41:42 | 345 | 41:42 |
| Ilsestein | 4.80 | 49:02 | 10:12 | 25 | 39:11 | 350 | 39:11 | 14.70 | 2:07:24 | 8:40 | 25 | 1:10:49 | 346 | 1:10:49 |
| Plessenburg | 2.30 | 24:50 | 10:47 | 24 | 15:12 | 341 | 15:12 | 17.00 | 2:32:14 | 8:57 | 24 | 1:26:01 | 343 | 1:26:01 |
| Oehrenfeld | 3.40 | 27:17 | 8:01 | 24 | 15:56 | 339 | 15:56 | 20.40 | 2:59:31 | 8:47 | 24 | 1:41:57 | 343 | 1:41:57 |
| Ilseburg/Markt | 4.50 | 44:28 | 9:52 | 24 | 27:42 | 340 | 27:42 | 24.90 | 3:43:59 | 8:59 | 24 | 2:09:39 | 342 | 2:09:39 |