



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Enrico Dietrich

Club: Harz-Gebirgslauf Wernigerode
Number: 88

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 1:44:12

Speed: 13.82 km/h
Running performance: 4:11 min/km

Rank in course/Total: 6 (of 433)

Rank in course/Men: 6 (of 351)

Best time in course: 1:34:20

Rank in category: 3(of 49)

Best time in the category: 1:42:12

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	18:53	4:36	3	1:31	8	2:17	4.10	18:53	4:36	3	1:31	8	2:17
Plessenburg	2.40	10:21	4:18	4	0:32	9	1:12	6.50	29:14	4:29	3	2:03	8	3:29
Oehrenfeld	3.40	11:19	3:19	1	-	2	0:24	9.90	40:33	4:05	3	1:58	7	3:53
Ilsestein	4.80	22:23	4:39	3	1:22	8	12:32	14.70	1:02:56	4:16	3	3:20	8	6:21
Plessenburg	2.30	10:53	4:43	3	0:40	7	1:15	17.00	1:13:49	4:20	3	3:24	7	7:36
Oehrenfeld	3.40	12:07	3:33	2	0:09	4	0:46	20.40	1:25:56	4:12	3	3:33	7	8:22
Ilseburg/Markt	4.50	18:16	4:03	1	-	4	1:30	24.90	1:44:12	4:11	3	2:00	6	9:52