



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tilo Breuer

Number: 60

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 1:54:51

Speed: 12.54 km/h
Running performance: 4:36 min/km

Rank in course/Total: 20 (of 433)

Rank in course/Men: 19 (of 351)

Best time in course: 1:34:20

Rank in category: 7(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	20:12	4:55	8	2:50	21	3:36	4.10	20:12	4:55	8	2:50	21	3:36
Plessenburg	2.40	11:19	4:42	8	1:30	22	2:10	6.50	31:31	4:50	8	4:20	21	5:46
Oehrenfeld	3.40	12:47	3:45	7	1:28	16	1:52	9.90	44:18	4:28	8	5:43	20	7:38
Ilsestein	4.80	25:25	5:17	7	4:24	27	15:34	14.70	1:09:43	4:44	7	10:07	21	13:08
Plessenburg	2.30	12:09	5:16	6	1:56	20	2:31	17.00	1:21:52	4:48	7	11:27	20	15:39
Oehrenfeld	3.40	13:11	3:52	6	1:13	15	1:50	20.40	1:35:03	4:39	7	12:40	20	17:29
Ilseburg/Markt	4.50	19:48	4:24	6	1:32	11	3:02	24.90	1:54:51	4:36	7	12:39	19	20:31