



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Daniel Ragoß

Club: NSV Wernigerode
Number: 346

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:13:28

Speed: 10.79 km/h
Running performance: 5:21 min/km

Rank in course/Total: 81 (of 433)

Rank in course/Men: 70 (of 351)

Best time in course: 1:34:20

Rank in category: 12(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	24:14	5:54	17	6:52	87	7:38	4.10	24:14	5:54	17	6:52	87	7:38
Plessenburg	2.40	12:33	5:13	12	2:44	58	3:24	6.50	36:47	5:39	15	9:36	75	11:02
Oehrenfeld	3.40	15:45	4:37	21	4:26	118	4:50	9.90	52:32	5:18	17	13:57	87	15:52
Ilsestein	4.80	28:19	5:53	13	7:18	69	18:28	14.70	1:20:51	5:30	16	21:15	84	24:16
Plessenburg	2.30	14:11	6:10	12	3:58	67	4:33	17.00	1:35:02	5:35	13	24:37	78	28:49
Oehrenfeld	3.40	16:17	4:47	19	4:19	103	4:56	20.40	1:51:19	5:27	14	28:56	81	33:45
Ilseburg/Markt	4.50	22:09	4:55	9	3:53	40	5:23	24.90	2:13:28	5:21	12	31:16	70	39:08