



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Dittmar

Number: 91

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:19:47

Speed: 10.30 km/h
Running performance: 5:36 min/km

Rank in course/Total: 108 (of 433)

Rank in course/Men: 96 (of 351)

Best time in course: 1:34:20

Rank in category: 17(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	24:32	5:59	20	7:10	95	7:56	4.10	24:32	5:59	20	7:10	95	7:56
Plessenburg	2.40	13:00	5:25	15	3:11	83	3:51	6.50	37:32	5:46	17	10:21	89	11:47
Oehrenfeld	3.40	15:00	4:24	18	3:41	92	4:05	9.90	52:32	5:18	17	13:57	87	15:52
Ilsestein	4.80	30:08	6:16	19	9:07	104	20:17	14.70	1:22:40	5:37	18	23:04	92	26:05
Plessenburg	2.30	15:15	6:37	18	5:02	111	5:37	17.00	1:37:55	5:45	16	27:30	93	31:42
Oehrenfeld	3.40	15:34	4:34	15	3:36	69	4:13	20.40	1:53:29	5:33	16	31:06	88	35:55
Ilseburg/Markt	4.50	26:18	5:50	27	8:02	151	9:32	24.90	2:19:47	5:36	17	37:35	96	45:27