



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Sawallisch

Number: 363

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:21:11

Speed: 10.20 km/h
Running performance: 5:40 min/km

Rank in course/Total: 117 (of 433)

Rank in course/Men: 105 (of 351)

Best time in course: 1:34:20

Rank in category: 18(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	28:14	6:53	36	10:52	220	11:38	4.10	28:14	6:53	36	10:52	220	11:38
Plessenburg	2.40	14:17	5:57	24	4:28	148	5:08	6.50	42:31	6:32	32	15:20	189	16:46
Oehrenfeld	3.40	15:22	4:31	19	4:03	101	4:27	9.90	57:53	5:50	28	19:18	162	21:13
Ilsestein	4.80	30:40	6:23	20	9:39	120	20:49	14.70	1:28:33	6:01	24	28:57	147	31:58
Plessenburg	2.30	13:47	5:59	10	3:34	59	4:09	17.00	1:42:20	6:01	19	31:55	122	36:07
Oehrenfeld	3.40	16:03	4:43	17	4:05	91	4:42	20.40	1:58:23	5:48	18	36:00	115	40:49
Ilseburg/Markt	4.50	22:48	5:03	12	4:32	51	6:02	24.90	2:21:11	5:40	18	38:59	105	46:51