



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Christian Meyer

Number: 304

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:24:19

Speed: 9.98 km/h

Running performance: 5:47 min/km

Rank in course/Total: 134 (of 433)

Rank in course/Men: 122 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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	24:25	5:57	19	7:03	93	7:49	4.10	24:25	5:57	19	7:03	93	7:49
Plessenburg	2.40	14:17	5:57	24	4:28	148	5:08	6.50	38:42	5:57	20	11:31	105	12:57
Oehrenfeld	3.40	16:24	4:49	26	5:05	151	5:29	9.90	55:06	5:33	19	16:31	115	18:26
Ilsestein	4.80	30:50	6:25	24	9:49	132	20:59	14.70	1:25:56	5:50	19	26:20	115	29:21
Plessenburg	2.30	16:37	7:13	28	6:24	172	6:59	17.00	1:42:33	6:01	20	32:08	126	36:20
Oehrenfeld	3.40	16:52	4:57	23	4:54	128	5:31	20.40	1:59:25	5:51	20	37:02	124	41:51
Ilseburg/Markt	4.50	24:54	5:31	23	6:38	118	8:08	24.90	2:24:19	5:47	20	42:07	122	49:59