



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Maik Trepke

Number: 455

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:25:15

Speed: 9.91 km/h

Running performance: 5:50 min/km

Rank in course/Total: 138 (of 433)

Rank in course/Men: 126 (of 351)

Best time in course: 1:34:20

Rank in category: 22(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:00	6:35	28	9:38	167	10:24	4.10	27:00	6:35	28	9:38	167	10:24
Plessenburg	2.40	15:10	6:19	33	5:21	198	6:01	6.50	42:10	6:29	29	14:59	182	16:25
Oehrenfeld	3.40	16:17	4:47	25	4:58	141	5:22	9.90	58:27	5:54	31	19:52	177	21:47
Ilsestein	4.80	31:12	6:30	25	10:11	140	21:21	14.70	1:29:39	6:05	26	30:03	155	33:04
Plessenburg	2.30	15:24	6:41	21	5:11	120	5:46	17.00	1:45:03	6:10	24	34:38	146	38:50
Oehrenfeld	3.40	16:47	4:56	21	4:49	122	5:26	20.40	2:01:50	5:58	23	39:27	142	44:16
Ilseburg/Markt	4.50	23:25	5:12	13	5:09	69	6:39	24.90	2:25:15	5:50	22	43:03	126	50:55