



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

André Witschel

Number: 492

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:26:49

Speed: 9.81 km/h

Running performance: 5:53 min/km

Rank in course/Total: 151 (of 433)

Rank in course/Men: 138 (of 351)

Best time in course: 1:34:20

Rank in category: 23(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	27:41	6:45	32	10:19	197	11:05	4.10	27:41	6:45	32	10:19	197	11:05
Plessenburg	2.40	14:38	6:05	28	4:49	169	5:29	6.50	42:19	6:30	30	15:08	185	16:34
Oehrenfeld	3.40	16:47	4:56	29	5:28	166	5:52	9.90	59:06	5:58	33	20:31	185	22:26
Ilsestein	4.80	31:30	6:33	27	10:29	149	21:39	14.70	1:30:36	6:09	29	31:00	169	34:01
Plessenburg	2.30	15:57	6:56	24	5:44	142	6:19	17.00	1:46:33	6:16	26	36:08	161	40:20
Oehrenfeld	3.40	16:47	4:56	21	4:49	122	5:26	20.40	2:03:20	6:02	25	40:57	154	45:46
Ilseburg/Markt	4.50	23:29	5:13	15	5:13	73	6:43	24.90	2:26:49	5:53	23	44:37	138	52:29