



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Christoph Kahms

Number: 218

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:28:59

Speed: 9.67 km/h

Running performance: 5:58 min/km

Rank in course/Total: 165 (of 433)

Rank in course/Men: 148 (of 351)

Best time in course: 1:34:20

Rank in category: 25(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	28:26	6:56	39	11:04	226	11:50	4.10	28:26	6:56	39	11:04	226	11:50
Plessenburg	2.40	14:13	5:55	21	4:24	144	5:04	6.50	42:39	6:33	34	15:28	193	16:54
Oehrenfeld	3.40	17:14	5:04	34	5:55	188	6:19	9.90	59:53	6:02	34	21:18	194	23:13
Ilsestein	4.80	31:17	6:31	26	10:16	143	21:26	14.70	1:31:10	6:12	30	31:34	175	34:35
Plessenburg	2.30	15:24	6:41	21	5:11	120	5:46	17.00	1:46:34	6:16	27	36:09	163	40:21
Oehrenfeld	3.40	17:44	5:12	30	5:46	175	6:23	20.40	2:04:18	6:05	27	41:55	163	46:44
Ilseburg/Markt	4.50	24:41	5:29	21	6:25	110	7:55	24.90	2:28:59	5:58	25	46:47	148	54:39