



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ilja Schicker

Number: 787

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:29:50

Speed: 9.61 km/h

Running performance: 6:01 min/km

Rank in course/Total: 173 (of 433)

Rank in course/Men: 156 (of 351)

Best time in course: 1:34:20

Rank in category: 26(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	24:17	5:55	18	6:55	89	7:41	4.10	24:17	5:55	18	6:55	89	7:41
Plessenburg	2.40	14:13	5:55	21	4:24	144	5:04	6.50	38:30	5:55	19	11:19	103	12:45
Oehrenfeld	3.40	17:02	5:00	33	5:43	177	6:07	9.90	55:32	5:36	20	16:57	120	18:52
Ilsestein	4.80	31:54	6:38	30	10:53	163	22:03	14.70	1:27:26	5:56	20	27:50	132	30:51
Plessenburg	2.30	17:23	7:33	36	7:10	220	7:45	17.00	1:44:49	6:09	23	34:24	143	38:36
Oehrenfeld	3.40	19:13	5:39	37	7:15	228	7:52	20.40	2:04:02	6:04	26	41:39	161	46:28
Ilseburg/Markt	4.50	25:48	5:44	26	7:32	143	9:02	24.90	2:29:50	6:01	26	47:38	156	55:30