



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tommy Berndt

Club: FSV Grün Weiß Ilseburg
Number: 5

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:30:03

Speed: 9.60 km/h
Running performance: 6:01 min/km

Rank in course/Total: 176 (of 433)

Rank in course/Men: 158 (of 351)

Best time in course: 1:34:20

Rank in category: 27(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			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Ilsestein	4.10	28:15	6:53	38	10:53	222	11:39	4.10	28:15	6:53	38	10:53	222	11:39
Plessenburg	2.40	14:16	5:56	23	4:27	146	5:07	6.50	42:31	6:32	32	15:20	189	16:46
Oehrenfeld	3.40	15:22	4:31	19	4:03	101	4:27	9.90	57:53	5:50	28	19:18	162	21:13
Ilsestein	4.80	30:42	6:23	22	9:41	122	20:51	14.70	1:28:35	6:01	25	28:59	148	32:00
Plessenburg	2.30	17:07	7:26	32	6:54	206	7:29	17.00	1:45:42	6:13	25	35:17	154	39:29
Oehrenfeld	3.40	16:55	4:58	24	4:57	130	5:34	20.40	2:02:37	6:00	24	40:14	148	45:03
Ilseburg/Markt	4.50	27:26	6:05	30	9:10	178	10:40	24.90	2:30:03	6:01	27	47:51	158	55:43