



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tony Spitschka

Number: 417

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:30:52

Speed: 9.54 km/h
Running performance: 6:03 min/km

Rank in course/Total: 180 (of 433)

Rank in course/Men: 162 (of 351)

Best time in course: 1:34:20

Rank in category: 28(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 | 27:54 | 6:48 | 35 | 10:32 | 208 | 11:18 | 4.10 | 27:54 | 6:48 | 35 | 10:32 | 208 | 11:18 |
| Plessenburg | 2.40 | 15:38 | 6:30 | 39 | 5:49 | 224 | 6:29 | 6.50 | 43:32 | 6:41 | 38 | 16:21 | 209 | 17:47 |
| Oehrenfeld | 3.40 | 18:46 | 5:31 | 40 | 7:27 | 256 | 7:51 | 9.90 | 1:02:18 | 6:17 | 40 | 23:43 | 228 | 25:38 |
| Ilsestein | 4.80 | 31:50 | 6:37 | 29 | 10:49 | 161 | 21:59 | 14.70 | 1:34:08 | 6:24 | 35 | 34:32 | 205 | 37:33 |
| Plessenburg | 2.30 | 15:22 | 6:40 | 20 | 5:09 | 116 | 5:44 | 17.00 | 1:49:30 | 6:26 | 33 | 39:05 | 195 | 43:17 |
| Oehrenfeld | 3.40 | 17:57 | 5:16 | 32 | 5:59 | 190 | 6:36 | 20.40 | 2:07:27 | 6:14 | 33 | 45:04 | 194 | 49:53 |
| Ilseburg/Markt | 4.50 | 23:25 | 5:12 | 13 | 5:09 | 69 | 6:39 | 24.90 | 2:30:52 | 6:03 | 28 | 48:40 | 162 | 56:32 |