



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Oleksandr Arefiev

Club: Ukrainische Falken
Number: 30

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:31:09

Speed: 9.53 km/h
Running performance: 6:04 min/km

Rank in course/Total: 182 (of 433)

Rank in course/Men: 164 (of 351)

Best time in course: 1:34:20

Rank in category: 29(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	26:00	6:20	22	8:38	139	9:24	4.10	26:00	6:20	22	8:38	139	9:24
Plessenburg	2.40	15:04	6:16	32	5:15	196	5:55	6.50	41:04	6:19	25	13:53	157	15:19
Oehrenfeld	3.40	16:48	4:56	30	5:29	168	5:53	9.90	57:52	5:50	27	19:17	161	21:12
Ilsestein	4.80	32:30	6:46	31	11:29	174	22:39	14.70	1:30:22	6:08	27	30:46	164	33:47
Plessenburg	2.30	16:20	7:06	27	6:07	163	6:42	17.00	1:46:42	6:16	28	36:17	165	40:29
Oehrenfeld	3.40	17:53	5:15	31	5:55	187	6:32	20.40	2:04:35	6:06	28	42:12	165	47:01
Ilseburg/Markt	4.50	26:34	5:54	29	8:18	159	9:48	24.90	2:31:09	6:04	29	48:57	164	56:49