



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Robert Brandt

Number: 55

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:33:14

Speed: 9.40 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 194 (of 433)

Rank in course/Men: 174 (of 351)

Best time in course: 1:34:20

Rank in category: 30(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	25:40	6:15	21	8:18	130	9:04	4.10	25:40	6:15	21	8:18	130	9:04
Plessenburg	2.40	15:38	6:30	39	5:49	224	6:29	6.50	41:18	6:21	26	14:07	162	15:33
Oehrenfeld	3.40	16:14	4:46	23	4:55	137	5:19	9.90	57:32	5:48	24	18:57	152	20:52
Ilsestein	4.80	34:35	7:12	39	13:34	222	24:44	14.70	1:32:07	6:15	33	32:31	191	35:32
Plessenburg	2.30	16:40	7:14	29	6:27	176	7:02	17.00	1:48:47	6:23	31	38:22	186	42:34
Oehrenfeld	3.40	16:58	4:59	26	5:00	134	5:37	20.40	2:05:45	6:09	29	43:22	175	48:11
Ilseburg/Markt	4.50	27:29	6:06	31	9:13	180	10:43	24.90	2:33:14	6:09	30	51:02	174	58:54