



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nico Bachmann

Number: 538

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:35:06

Speed: 9.28 km/h

Running performance: 6:13 min/km

Rank in course/Total: 209 (of 433)

Rank in course/Men: 188 (of 351)

Best time in course: 1:34:20

Rank in category: 31(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	26:24	6:26	24	9:02	149	9:48	4.10	26:24	6:26	24	9:02	149	9:48
Plessenburg	2.40	15:14	6:20	34	5:25	200	6:05	6.50	41:38	6:24	28	14:27	174	15:53
Oehrenfeld	3.40	15:54	4:40	22	4:35	124	4:59	9.90	57:32	5:48	24	18:57	152	20:52
Ilsestein	4.80	34:09	7:06	35	13:08	211	24:18	14.70	1:31:41	6:14	32	32:05	185	35:06
Plessenburg	2.30	17:44	7:42	42	7:31	237	8:06	17.00	1:49:25	6:26	32	39:00	194	43:12
Oehrenfeld	3.40	17:20	5:05	28	5:22	159	5:59	20.40	2:06:45	6:12	31	44:22	186	49:11
Ilseburg/Markt	4.50	28:21	6:18	34	10:05	202	11:35	24.90	2:35:06	6:13	31	52:54	188	1:00:46