



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andy Marth

Number: 291

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:39:56

Speed: 9.00 km/h

Running performance: 6:25 min/km

Rank in course/Total: 234 (of 433)

Rank in course/Men: 210 (of 351)

Best time in course: 1:34:20

Rank in category: 37(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	27:19	6:39	30	9:57	183	10:43	4.10	27:19	6:39	30	9:57	183	10:43
Plessenburg	2.40	15:45	6:33	41	5:56	229	6:36	6.50	43:04	6:37	36	15:53	201	17:19
Oehrenfeld	3.40	17:34	5:10	35	6:15	219	6:39	9.90	1:00:38	6:07	36	22:03	206	23:58
Ilsestein	4.80	35:01	7:17	40	14:00	231	25:10	14.70	1:35:39	6:30	38	36:03	212	39:04
Plessenburg	2.30	17:29	7:36	39	7:16	227	7:51	17.00	1:53:08	6:39	37	42:43	211	46:55
Oehrenfeld	3.40	18:41	5:29	36	6:43	209	7:20	20.40	2:11:49	6:27	36	49:26	214	54:15
Ilseburg/Markt	4.50	28:07	6:14	33	9:51	196	11:21	24.90	2:39:56	6:25	37	57:44	210	1:05:36