



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Nico Stolte

Club: NiKa  
Number: 429

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:40:38

Speed: 8.96 km/h  
Running performance: 6:27 min/km

Rank in course/Total: 239 (of 433)

Rank in course/Men: 213 (of 351)

Best time in course: 1:34:20

Rank in category: 38(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	27:49	6:47	33	10:27	205	11:13	4.10	27:49	6:47	33	10:27	205	11:13
Plessenburg	2.40	15:01	6:15	31	5:12	193	5:52	6.50	42:50	6:35	35	15:39	197	17:05
Oehrenfeld	3.40	19:05	5:36	43	7:46	267	8:10	9.90	1:01:55	6:15	38	23:20	226	25:15
Ilsestein	4.80	33:14	6:55	32	12:13	193	23:23	14.70	1:35:09	6:28	36	35:33	209	38:34
Plessenburg	2.30	17:28	7:35	37	7:15	223	7:50	17.00	1:52:37	6:37	35	42:12	209	46:24
Oehrenfeld	3.40	19:38	5:46	39	7:40	241	8:17	20.40	2:12:15	6:28	37	49:52	217	54:41
Ilseburg/Markt	4.50	28:23	6:18	35	10:07	204	11:37	24.90	2:40:38	6:27	38	58:26	213	1:06:18