



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Kamil Calusinski

Total time: 2:50:00

Number: 71

Speed: 8.47 km/h

Running performance: 6:49 min/km

Course: 24.90 km

Rank in course/Total: 300 (of 433)

24,9 km - Lauf

Rank in course/Men: 260 (of 351)

Best time in course: 1:34:20

Category:

Rank in category: 44(of 49)

Senioren M35 (35-39) B

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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	28:32	6:57	41	11:10	229	11:56	4.10	28:32	6:57	41	11:10	229	11:56
Plessenburg	2.40	15:58	6:39	42	6:09	237	6:49	6.50	44:30	6:50	42	17:19	234	18:45
Oehrenfeld	3.40	17:56	5:16	38	6:37	234	7:01	9.90	1:02:26	6:18	42	23:51	233	25:46
Ilsestein	4.80	36:49	7:40	44	15:48	265	26:58	14.70	1:39:15	6:45	42	39:39	249	42:40
Plessenburg	2.30	18:28	8:01	43	8:15	260	8:50	17.00	1:57:43	6:55	42	47:18	247	51:30
Oehrenfeld	3.40	20:38	6:04	44	8:40	277	9:17	20.40	2:18:21	6:46	43	55:58	253	1:00:47
Ilseburg/Markt	4.50	31:39	7:01	44	13:23	271	14:53	24.90	2:50:00	6:49	44	1:07:48	260	1:15:40