



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Benny Guthmann

Number: 166

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 3:05:04

Speed: 7.78 km/h
Running performance: 7:25 min/km

Rank in course/Total: 360 (of 433)

Rank in course/Men: 297 (of 351)

Best time in course: 1:34:20

Rank in category: 45(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	28:14	6:53	36	10:52	220	11:38	4.10	28:14	6:53	36	10:52	220	11:38
Plessenburg	2.40	17:31	7:17	46	7:42	297	8:22	6.50	45:45	7:02	43	18:34	258	20:00
Oehrenfeld	3.40	19:51	5:50	46	8:32	301	8:56	9.90	1:05:36	6:37	44	27:01	273	28:56
Ilsestein	4.80	39:47	8:17	46	18:46	303	29:56	14.70	1:45:23	7:10	46	45:47	291	48:48
Plessenburg	2.30	20:06	8:44	45	9:53	293	10:28	17.00	2:05:29	7:22	45	55:04	286	59:16
Oehrenfeld	3.40	21:46	6:24	45	9:48	298	10:25	20.40	2:27:15	7:13	45	1:04:52	286	1:09:41
Ilseburg/Markt	4.50	37:49	8:24	47	19:33	330	21:03	24.90	3:05:04	7:25	45	1:22:52	297	1:30:44