



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Pascal Walleit

Number: 9

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 3:09:23

Speed: 7.60 km/h

Running performance: 7:36 min/km

Rank in course/Total: 372 (of 433)

Rank in course/Men: 307 (of 351)

Best time in course: 1:34:20

Rank in category: 46(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	31:45	7:44	46	14:23	304	15:09	4.10	31:45	7:44	46	14:23	304	15:09
Plessenburg	2.40	18:12	7:34	47	8:23	316	9:03	6.50	49:57	7:41	47	22:46	310	24:12
Oehrenfeld	3.40	20:52	6:08	49	9:33	328	9:57	9.90	1:10:49	7:09	47	32:14	317	34:09
Ilsestein	4.80	41:16	8:35	48	20:15	319	31:25	14.70	1:52:05	7:37	47	52:29	317	55:30
Plessenburg	2.30	21:04	9:09	47	10:51	317	11:26	17.00	2:13:09	7:49	46	1:02:44	313	1:06:56
Oehrenfeld	3.40	22:33	6:37	46	10:35	307	11:12	20.40	2:35:42	7:37	46	1:13:19	312	1:18:08
Ilseburg/Markt	4.50	33:41	7:29	45	15:25	297	16:55	24.90	3:09:23	7:36	46	1:27:11	307	1:35:03