



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Cäsar

Club: Harz-Gebirgslauf Wernigerode
Number: 73

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 1:55:46

Speed: 12.44 km/h
Running performance: 4:38 min/km

Rank in course/Total: 21 (of 433)

Rank in course/Men: 20 (of 351)

Best time in course: 1:34:20

Rank in category: 5(of 53)

Best time in the category: 1:40:59

| 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 | 20:34 | 5:00 | 7 | 2:04 | 25 | 3:58 | 4.10 | 20:34 | 5:00 | 7 | 2:04 | 25 | 3:58 |
| Plessenburg | 2.40 | 11:37 | 4:50 | 10 | 1:47 | 32 | 2:28 | 6.50 | 32:11 | 4:57 | 9 | 3:51 | 27 | 6:26 |
| Oehrenfeld | 3.40 | 13:13 | 3:53 | 4 | 1:21 | 26 | 2:18 | 9.90 | 45:24 | 4:35 | 7 | 5:12 | 24 | 8:44 |
| Ilsestein | 4.80 | 24:38 | 5:07 | 5 | 3:11 | 20 | 14:47 | 14.70 | 1:10:02 | 4:45 | 6 | 8:23 | 23 | 13:27 |
| Plessenburg | 2.30 | 12:27 | 5:24 | 8 | 2:18 | 26 | 2:49 | 17.00 | 1:22:29 | 4:51 | 6 | 10:41 | 22 | 16:16 |
| Oehrenfeld | 3.40 | 13:18 | 3:54 | 5 | 1:10 | 17 | 1:57 | 20.40 | 1:35:47 | 4:41 | 5 | 11:51 | 21 | 18:13 |
| Ilseburg/Markt | 4.50 | 19:59 | 4:26 | 3 | 2:56 | 15 | 3:13 | 24.90 | 1:55:46 | 4:38 | 5 | 14:47 | 20 | 21:26 |