



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