



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Daniel Arth

Number: 32

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 1:57:08

Speed: 12.29 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 23 (of 433)

Rank in course/Men: 22 (of 351)

Best time in course: 1:34:20

Rank in category: 6(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	20:23	4:58	6	1:53	23	3:47	4.10	20:23	4:58	6	1:53	23	3:47
Plessenburg	2.40	11:18	4:42	5	1:28	21	2:09	6.50	31:41	4:52	5	3:21	23	5:56
Oehrenfeld	3.40	13:18	3:54	5	1:26	28	2:23	9.90	44:59	4:32	5	4:47	22	8:19
Ilsestein	4.80	24:58	5:12	7	3:31	22	15:07	14.70	1:09:57	4:45	5	8:18	22	13:22
Plessenburg	2.30	12:21	5:22	7	2:12	23	2:43	17.00	1:22:18	4:50	5	10:30	21	16:05
Oehrenfeld	3.40	13:47	4:03	8	1:39	22	2:26	20.40	1:36:05	4:42	6	12:09	22	18:31
Ilseburg/Markt	4.50	21:03	4:40	7	4:00	26	4:17	24.90	1:57:08	4:42	6	16:09	22	22:48