



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Mariusz Fraczyk

Number: 126

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 1:59:12

Speed: 12.08 km/h

Running performance: 4:47 min/km

Rank in course/Total: 30 (of 433)

Rank in course/Men: 28 (of 351)

Best time in course: 1:34:20

Rank in category: 8(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	20:44	5:03	10	2:14	30	4:08	4.10	20:44	5:03	10	2:14	30	4:08
Plessenburg	2.40	11:24	4:45	6	1:34	24	2:15	6.50	32:08	4:56	8	3:48	26	6:23
Oehrenfeld	3.40	13:57	4:06	10	2:05	41	3:02	9.90	46:05	4:39	9	5:53	31	9:25
Ilsestein	4.80	25:08	5:14	8	3:41	25	15:17	14.70	1:11:13	4:50	8	9:34	25	14:38
Plessenburg	2.30	12:08	5:16	5	1:59	19	2:30	17.00	1:23:21	4:54	7	11:33	23	17:08
Oehrenfeld	3.40	14:34	4:17	9	2:26	39	3:13	20.40	1:37:55	4:47	7	13:59	24	20:21
Ilseburg/Markt	4.50	21:17	4:43	9	4:14	30	4:31	24.90	1:59:12	4:47	8	18:13	28	24:52