



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tom Macht

Number: 285

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:00:38

Speed: 11.94 km/h
Running performance: 4:50 min/km

Rank in course/Total: 32 (of 433)

Rank in course/Men: 29 (of 351)

Best time in course: 1:34:20

Rank in category: 9(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	22:39	5:31	13	4:09	56	6:03	4.10	22:39	5:31	13	4:09	56	6:03
Plessenburg	2.40	12:06	5:02	12	2:16	47	2:57	6.50	34:45	5:20	13	6:25	52	9:00
Oehrenfeld	3.40	14:37	4:17	14	2:45	70	3:42	9.90	49:22	4:59	12	9:10	55	12:42
Ilsestein	4.80	24:52	5:10	6	3:25	21	15:01	14.70	1:14:14	5:02	11	12:35	41	17:39
Plessenburg	2.30	12:11	5:17	6	2:02	22	2:33	17.00	1:26:25	5:05	10	14:37	33	20:12
Oehrenfeld	3.40	13:43	4:02	6	1:35	20	2:22	20.40	1:40:08	4:54	10	16:12	31	22:34
Ilseburg/Markt	4.50	20:30	4:33	5	3:27	20	3:44	24.90	2:00:38	4:50	9	19:39	29	26:18