



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Piotr Kasprzyk

Number: 221

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:02:13

Speed: 11.78 km/h

Running performance: 4:54 min/km

Rank in course/Total: 34 (of 433)

Rank in course/Men: 31 (of 351)

Best time in course: 1:34:20

Rank in category: 10(of 53)

Best time in the category: 1:40:59

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Ilsestein	4.10	20:17	4:56	5	1:47	22	3:41	4.10	20:17	4:56	5	1:47	22	3:41
Plessenburg	2.40	11:32	4:48	8	1:42	28	2:23	6.50	31:49	4:53	6	3:29	24	6:04
Oehrenfeld	3.40	13:12	3:52	3	1:20	25	2:17	9.90	45:01	4:32	6	4:49	23	8:21
Ilsestein	4.80	26:02	5:25	10	4:35	33	16:11	14.70	1:11:03	4:49	7	9:24	24	14:28
Plessenburg	2.30	13:34	5:53	11	3:25	50	3:56	17.00	1:24:37	4:58	8	12:49	26	18:24
Oehrenfeld	3.40	14:39	4:18	10	2:31	40	3:18	20.40	1:39:16	4:51	9	15:20	28	21:42
Ilseburg/Markt	4.50	22:57	5:05	12	5:54	56	6:11	24.90	2:02:13	4:54	10	21:14	31	27:53