



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Steven Rinke

Club: Harz-Gebirgslauf Wernigerode
Number: 354

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:08:00

Speed: 11.25 km/h
Running performance: 5:08 min/km

Rank in course/Total: 52 (of 433)

Rank in course/Men: 47 (of 351)

Best time in course: 1:34:20

Rank in category: 12(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	20:39	5:02	9	2:09	28	4:03	4.10	20:39	5:02	9	2:09	28	4:03
Plessenburg	2.40	11:27	4:46	7	1:37	25	2:18	6.50	32:06	4:56	7	3:46	25	6:21
Oehrenfeld	3.40	13:23	3:56	7	1:31	31	2:28	9.90	45:29	4:35	8	5:17	25	8:49
Ilsestein	4.80	27:14	5:40	12	5:47	47	17:23	14.70	1:12:43	4:56	10	11:04	32	16:08
Plessenburg	2.30	14:11	6:10	13	4:02	67	4:33	17.00	1:26:54	5:06	11	15:06	35	20:41
Oehrenfeld	3.40	16:17	4:47	22	4:09	103	4:56	20.40	1:43:11	5:03	11	19:15	43	25:37
Ilseburg/Markt	4.50	24:49	5:30	23	7:46	115	8:03	24.90	2:08:00	5:08	12	27:01	47	33:40