



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Keune-Lingel

Number: 534

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:09:46

Speed: 11.10 km/h

Running performance: 5:12 min/km

Rank in course/Total: 59 (of 433)

Rank in course/Men: 51 (of 351)

Best time in course: 1:34:20

Rank in category: 13(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	21:21	5:12	11	2:51	35	4:45	4.10	21:21	5:12	11	2:51	35	4:45
Plessenburg	2.40	12:27	5:11	13	2:37	55	3:18	6.50	33:48	5:11	12	5:28	42	8:03
Oehrenfeld	3.40	15:39	4:36	23	3:47	111	4:44	9.90	49:27	4:59	13	9:15	56	12:47
Ilsestein	4.80	26:57	5:36	11	5:30	46	17:06	14.70	1:16:24	5:11	13	14:45	51	19:49
Plessenburg	2.30	13:20	5:47	10	3:11	42	3:42	17.00	1:29:44	5:16	13	17:56	48	23:31
Oehrenfeld	3.40	16:30	4:51	23	4:22	110	5:09	20.40	1:46:14	5:12	13	22:18	50	28:40
Ilseburg/Markt	4.50	23:32	5:13	16	6:29	77	6:46	24.90	2:09:46	5:12	13	28:47	51	35:26