



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sascha Loeser

Number: 282

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:14:26

Speed: 10.71 km/h

Running performance: 5:23 min/km

Rank in course/Total: 84 (of 433)

Rank in course/Men: 73 (of 351)

Best time in course: 1:34:20

Rank in category: 15(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	22:54	5:35	14	4:24	62	6:18	4.10	22:54	5:35	14	4:24	62	6:18
Plessenburg	2.40	12:52	5:21	15	3:02	75	3:43	6.50	35:46	5:30	14	7:26	62	10:01
Oehrenfeld	3.40	14:40	4:18	15	2:48	74	3:45	9.90	50:26	5:05	14	10:14	63	13:46
Ilsestein	4.80	30:04	6:15	21	8:37	100	20:13	14.70	1:20:30	5:28	16	18:51	80	23:55
Plessenburg	2.30	14:27	6:16	16	4:18	76	4:49	17.00	1:34:57	5:35	15	23:09	76	28:44
Oehrenfeld	3.40	15:56	4:41	17	3:48	88	4:35	20.40	1:50:53	5:26	16	26:57	78	33:19
Ilseburg/Markt	4.50	23:33	5:14	17	6:30	79	6:47	24.90	2:14:26	5:23	15	33:27	73	40:06