



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Viktor Stickel

Number: 425

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:25:31

Speed: 9.90 km/h
Running performance: 5:50 min/km

Rank in course/Total: 142 (of 433)

Rank in course/Men: 130 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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 | 28:02 | 6:50 | 36 | 9:32 | 211 | 11:26 | 4.10 | 28:02 | 6:50 | 36 | 9:32 | 211 | 11:26 |
| Plessenburg | 2.40 | 13:31 | 5:37 | 21 | 3:41 | 105 | 4:22 | 6.50 | 41:33 | 6:23 | 34 | 13:13 | 173 | 15:48 |
| Oehrenfeld | 3.40 | 14:51 | 4:22 | 17 | 2:59 | 83 | 3:56 | 9.90 | 56:24 | 5:41 | 25 | 16:12 | 132 | 19:44 |
| Ilsestein | 4.80 | 29:53 | 6:13 | 17 | 8:26 | 93 | 20:02 | 14.70 | 1:26:17 | 5:52 | 23 | 24:38 | 123 | 29:42 |
| Plessenburg | 2.30 | 13:35 | 5:54 | 12 | 3:26 | 52 | 3:57 | 17.00 | 1:39:52 | 5:52 | 20 | 28:04 | 102 | 33:39 |
| Oehrenfeld | 3.40 | 16:46 | 4:55 | 26 | 4:38 | 120 | 5:25 | 20.40 | 1:56:38 | 5:43 | 21 | 32:42 | 105 | 39:04 |
| Ilseburg/Markt | 4.50 | 28:53 | 6:25 | 38 | 11:50 | 219 | 12:07 | 24.90 | 2:25:31 | 5:50 | 24 | 44:32 | 130 | 51:11 |