



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Christian Heite

Number: 180

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:25:36

Speed: 9.89 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 143 (of 433)

Rank in course/Men: 131 (of 351)

Best time in course: 1:34:20

Rank in category: 25(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	23:50	5:48	19	5:20	75	7:14	4.10	23:50	5:48	19	5:20	75	7:14
Plessenburg	2.40	13:58	5:49	24	4:08	123	4:49	6.50	37:48	5:48	20	9:28	94	12:03
Oehrenfeld	3.40	16:51	4:57	33	4:59	171	5:56	9.90	54:39	5:31	22	14:27	108	17:59
Ilsestein	4.80	31:10	6:29	24	9:43	139	21:19	14.70	1:25:49	5:50	21	24:10	114	29:14
Plessenburg	2.30	15:30	6:44	24	5:21	126	5:52	17.00	1:41:19	5:57	23	29:31	114	35:06
Oehrenfeld	3.40	19:17	5:40	39	7:09	233	7:56	20.40	2:00:36	5:54	25	36:40	134	43:02
Ilseburg/Markt	4.50	25:00	5:33	24	7:57	123	8:14	24.90	2:25:36	5:50	25	44:37	131	51:16