



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Martin Unbehaun

Number: 462

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:27:01

Speed: 9.79 km/h
Running performance: 5:54 min/km

Rank in course/Total: 153 (of 433)

Rank in course/Men: 139 (of 351)

Best time in course: 1:34:20

Rank in category: 27(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	23:39	5:46	17	5:09	71	7:03	4.10	23:39	5:46	17	5:09	71	7:03
Plessenburg	2.40	13:20	5:33	18	3:30	96	4:11	6.50	36:59	5:41	18	8:39	79	11:14
Oehrenfeld	3.40	16:20	4:48	28	4:28	145	5:25	9.90	53:19	5:23	18	13:07	97	16:39
Ilsestein	4.80	32:06	6:41	31	10:39	167	22:15	14.70	1:25:25	5:48	20	23:46	107	28:50
Plessenburg	2.30	17:05	7:25	37	6:56	202	7:27	17.00	1:42:30	6:01	24	30:42	125	36:17
Oehrenfeld	3.40	18:07	5:19	36	5:59	197	6:46	20.40	2:00:37	5:54	26	36:41	135	43:03
Ilseburg/Markt	4.50	26:24	5:51	29	9:21	154	9:38	24.90	2:27:01	5:54	27	46:02	139	52:41