



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Christian Grob

Number: 160

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:29:38

Speed: 9.62 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 171 (of 433)

Rank in course/Men: 154 (of 351)

Best time in course: 1:34:20

Rank in category: 29(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	26:17	6:24	26	7:47	145	9:41	4.10	26:17	6:24	26	7:47	145	9:41
Plessenburg	2.40	14:56	6:13	35	5:06	187	5:47	6.50	41:13	6:20	30	12:53	160	15:28
Oehrenfeld	3.40	16:45	4:55	31	4:53	163	5:50	9.90	57:58	5:51	31	17:46	165	21:18
Ilsestein	4.80	31:55	6:38	29	10:28	164	22:04	14.70	1:29:53	6:06	30	28:14	159	33:18
Plessenburg	2.30	16:13	7:03	30	6:04	158	6:35	17.00	1:46:06	6:14	31	34:18	158	39:53
Oehrenfeld	3.40	17:02	5:00	28	4:54	142	5:41	20.40	2:03:08	6:02	30	39:12	153	45:34
Ilseburg/Markt	4.50	26:30	5:53	30	9:27	157	9:44	24.90	2:29:38	6:00	29	48:39	154	55:18