



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 | Stage score | | | | Total ranking | | | | | | |
|----------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | | | | 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 |