



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Hantschel

Number: 171

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:30:29

Speed: 9.57 km/h
Running performance: 6:02 min/km

Rank in course/Total: 178 (of 433)

Rank in course/Men: 160 (of 351)

Best time in course: 1:34:20

Rank in category: 30(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	28:34	6:58	39	10:04	231	11:58	4.10	28:34	6:58	39	10:04	231	11:58
Plessenburg	2.40	15:08	6:18	37	5:18	197	5:59	6.50	43:42	6:43	38	15:22	212	17:57
Oehrenfeld	3.40	16:44	4:55	30	4:52	161	5:49	9.90	1:00:26	6:06	38	20:14	204	23:46
Ilsestein	4.80	33:11	6:54	36	11:44	191	23:20	14.70	1:33:37	6:22	38	31:58	202	37:02
Plessenburg	2.30	15:46	6:51	25	5:37	134	6:08	17.00	1:49:23	6:26	38	37:35	193	43:10
Oehrenfeld	3.40	16:34	4:52	24	4:26	111	5:13	20.40	2:05:57	6:10	33	42:01	176	48:23
Ilseburg/Markt	4.50	24:32	5:27	22	7:29	106	7:46	24.90	2:30:29	6:02	30	49:30	160	56:09