



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Alexander Hoppe

Number: 203

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:31:18

Speed: 9.52 km/h

Running performance: 6:04 min/km

Rank in course/Total: 183 (of 433)

Rank in course/Men: 165 (of 351)

Best time in course: 1:34:20

Rank in category: 32(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	27:11	6:37	33	8:41	175	10:35	4.10	27:11	6:37	33	8:41	175	10:35
Plessenburg	2.40	14:03	5:51	25	4:13	129	4:54	6.50	41:14	6:20	31	12:54	161	15:29
Oehrenfeld	3.40	15:57	4:41	25	4:05	125	5:02	9.90	57:11	5:46	30	16:59	144	20:31
Ilsestein	4.80	31:48	6:37	28	10:21	160	21:57	14.70	1:28:59	6:03	29	27:20	151	32:24
Plessenburg	2.30	16:09	7:01	29	6:00	155	6:31	17.00	1:45:08	6:11	28	33:20	148	38:55
Oehrenfeld	3.40	17:26	5:07	31	5:18	164	6:05	20.40	2:02:34	6:00	28	38:38	147	45:00
Ilseburg/Markt	4.50	28:44	6:23	37	11:41	216	11:58	24.90	2:31:18	6:04	32	50:19	165	56:58