



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Benjamin Gröger

Number: 161

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:36:56

Speed: 9.18 km/h

Running performance: 6:18 min/km

Rank in course/Total: 218 (of 433)

Rank in course/Men: 197 (of 351)

Best time in course: 1:34:20

Rank in category: 36(of 53)

Best time in the category: 1:40:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	25:56	6:19	24	7:26	137	9:20	4.10	25:56	6:19	24	7:26	137	9:20
Plessenburg	2.40	14:31	6:02	32	4:41	166	5:22	6.50	40:27	6:13	25	12:07	142	14:42
Oehrenfeld	3.40	17:46	5:13	39	5:54	226	6:51	9.90	58:13	5:52	33	18:01	173	21:33
Ilsestein	4.80	32:24	6:45	34	10:57	172	22:33	14.70	1:30:37	6:09	32	28:58	170	34:02
Plessenburg	2.30	16:29	7:10	33	6:20	169	6:51	17.00	1:47:06	6:17	32	35:18	169	40:53
Oehrenfeld	3.40	19:37	5:46	40	7:29	240	8:16	20.40	2:06:43	6:12	36	42:47	183	49:09
Ilseburg/Markt	4.50	30:13	6:42	40	13:10	251	13:27	24.90	2:36:56	6:18	36	55:57	197	1:02:36