



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Mark Opitz

Number: 319

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:39:05

Speed: 9.05 km/h

Running performance: 6:23 min/km

Rank in course/Total: 229 (of 433)

Rank in course/Men: 205 (of 351)

Best time in course: 1:34:20

Rank in category: 37(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	30:13	7:22	47	11:43	276	13:37	4.10	30:13	7:22	47	11:43	276	13:37
Plessenburg	2.40	15:29	6:27	39	5:39	215	6:20	6.50	45:42	7:01	42	17:22	256	19:57
Oehrenfeld	3.40	17:47	5:13	40	5:55	227	6:52	9.90	1:03:29	6:24	40	23:17	242	26:49
Ilsestein	4.80	33:25	6:57	38	11:58	199	23:34	14.70	1:36:54	6:35	40	35:15	226	40:19
Plessenburg	2.30	17:05	7:25	37	6:56	202	7:27	17.00	1:53:59	6:42	39	42:11	218	47:46
Oehrenfeld	3.40	17:59	5:17	35	5:51	193	6:38	20.40	2:11:58	6:28	40	48:02	215	54:24
Ilseburg/Markt	4.50	27:07	6:01	33	10:04	171	10:21	24.90	2:39:05	6:23	37	58:06	205	1:04:45