



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Florian Genrich

Club: Die Südniedersachsen
Number: 143

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:40:05

Speed: 9.00 km/h
Running performance: 6:25 min/km

Rank in course/Total: 235 (of 433)

Rank in course/Men: 211 (of 351)

Best time in course: 1:34:20

Rank in category: 38(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	28:56	7:03	41	10:26	243	12:20	4.10	28:56	7:03	41	10:26	243	12:20
Plessenburg	2.40	16:06	6:42	42	6:16	244	6:57	6.50	45:02	6:55	40	16:42	246	19:17
Oehrenfeld	3.40	16:21	4:48	29	4:29	148	5:26	9.90	1:01:23	6:12	39	21:11	220	24:43
Ilsestein	4.80	35:13	7:20	42	13:46	235	25:22	14.70	1:36:36	6:34	39	34:57	223	40:01
Plessenburg	2.30	17:38	7:40	41	7:29	235	8:00	17.00	1:54:14	6:43	40	42:26	221	48:01
Oehrenfeld	3.40	16:40	4:54	25	4:32	118	5:19	20.40	2:10:54	6:25	39	46:58	207	53:20
Ilseburg/Markt	4.50	29:11	6:29	39	12:08	222	12:25	24.90	2:40:05	6:25	38	59:06	211	1:05:45