



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Andreas Pahnke

Number: 321

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:40:54

Speed: 8.95 km/h
Running performance: 6:27 min/km

Rank in course/Total: 241 (of 433)

Rank in course/Men: 214 (of 351)

Best time in course: 1:34:20

Rank in category: 39(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	26:48	6:32	31	8:18	164	10:12	4.10	26:48	6:32	31	8:18	164	10:12
Plessenburg	2.40	14:20	5:58	29	4:30	153	5:11	6.50	41:08	6:19	29	12:48	159	15:23
Oehrenfeld	3.40	17:01	5:00	34	5:09	176	6:06	9.90	58:09	5:52	32	17:57	171	21:29
Ilsestein	4.80	32:12	6:42	32	10:45	169	22:21	14.70	1:30:21	6:08	31	28:42	163	33:46
Plessenburg	2.30	17:01	7:23	36	6:52	195	7:23	17.00	1:47:22	6:18	33	35:34	170	41:09
Oehrenfeld	3.40	19:11	5:38	38	7:03	224	7:50	20.40	2:06:33	6:12	35	42:37	182	48:59
Ilseburg/Markt	4.50	34:21	7:38	48	17:18	305	17:35	24.90	2:40:54	6:27	39	59:55	214	1:06:34