



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Clemens Birla

Number: 47

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:43:01

Speed: 8.83 km/h
Running performance: 6:32 min/km

Rank in course/Total: 258 (of 433)

Rank in course/Men: 227 (of 351)

Best time in course: 1:34:20

Rank in category: 40(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	29:55	7:17	46	11:25	270	13:19	4.10	29:55	7:17	46	11:25	270	13:19
Plessenburg	2.40	16:13	6:45	44	6:23	251	7:04	6.50	46:08	7:05	45	17:48	266	20:23
Oehrenfeld	3.40	18:40	5:29	42	6:48	255	7:45	9.90	1:04:48	6:32	43	24:36	260	28:08
Ilsestein	4.80	34:10	7:07	39	12:43	213	24:19	14.70	1:38:58	6:43	42	37:19	241	42:23
Plessenburg	2.30	16:42	7:15	34	6:33	179	7:04	17.00	1:55:40	6:48	41	43:52	234	49:27
Oehrenfeld	3.40	18:50	5:32	37	6:42	215	7:29	20.40	2:14:30	6:35	41	50:34	234	56:56
Ilseburg/Markt	4.50	28:31	6:20	36	11:28	210	11:45	24.90	2:43:01	6:32	40	1:02:02	227	1:08:41