



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Michel Ziep

Number: 514

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:50:20

Speed: 8.45 km/h

Running performance: 6:50 min/km

Rank in course/Total: 301 (of 433)

Rank in course/Men: 261 (of 351)

Best time in course: 1:34:20

Rank in category: 43(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		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Ilsestein	4.10	29:18	7:08	42	255	10:48	12:42	4.10	29:18	7:08	42	255	10:48	12:42
Plessenburg	2.40	16:27	6:51	45	262	6:37	7:18	6.50	45:45	7:02	43	258	17:25	20:00
Oehrenfeld	3.40	18:34	5:27	41	253	6:42	7:39	9.90	1:04:19	6:29	42	254	24:07	27:39
Ilsestein	4.80	36:18	7:33	43	261	14:51	26:27	14.70	1:40:37	6:50	43	257	38:58	44:02
Plessenburg	2.30	18:30	8:02	44	262	8:21	8:52	17.00	1:59:07	7:00	43	258	47:19	52:54
Oehrenfeld	3.40	20:52	6:08	43	281	8:44	9:31	20.40	2:19:59	6:51	43	262	56:03	1:02:25
Ilseburg/Markt	4.50	30:21	6:44	41	255	13:18	13:35	24.90	2:50:20	6:50	43	261	1:09:21	1:16:00